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**Cross Country New Brunswick**

**Conduct and obligations of the provincial team  
September 2023**

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## **Purpose:**

Whereas chosen athletes are representing the province of New Brunswick and Cross Country New Brunswick and are being funded and supported by Cross Country New Brunswick, it is expected that all individuals exhibit appropriate standards of behavior, attitude, and responsibility.

**Please also read the following policies which can found on CCNB website:**

**[CCNB Code of Conduct and Ethics Policy](#) applies to everyone, please read it.**

**[CCNB Athlete Protection Policy](#) should be read by all.**

**[CCNB Social Media Policy](#)**

The following points will apply to all athlete involved with the Provincial Team Program.

## **Use of Alcohol and Drugs:**

- Any athlete involved in the use of alcohol or drugs will be immediately dismissed from the Provincial Team.
- Obtaining drugs or alcoholic beverages or supplying them to anyone will result in immediate dismissal from the Provincial Team.
- Involvement with any banned doping substances is not allowed. Medications prescribed by a doctor to an athlete MUST be registered with the athlete's coach prior to entering a competition. More information regarding banned substances can be found at <https://cces.ca/prohibited-list>
  - Please note: The Government of Canada legalized cannabis on October 17, 2018. Athletes subject to the Canadian Anti-Doping Program (CADP) must be aware that this does not affect the status of cannabis in sport. Cannabis continues to be prohibited substance and a positive test can still result in a sanction. Additional information is available at <https://cces.ca/cannabis>
  - Medicinal use of cannabis will require a medical note.

## **Language:**

Athletes are always to remain aware of the use of proper language. The use of offensive language will not be tolerated. A warning will be the first step, should the problem continue, it will be referred to the High Performance Committee.

## **Vandalism:**

Athletes who willfully cause property damage will pay for all damages. In the event the athlete cannot pay, their parents will be held responsible. Any act of vandalism will be reviewed by the HPC to decide if the dismissal of athlete is required.



## Social Behavior:

It is necessary for all members of the Provincial Team Program to abide by certain rules of personal behavior and decorum. All athletes are always expected to behave like responsible persons. TEAM MEMBERS ARE EXPECTED TO DISPLAY A HIGH LEVEL OF MORAL STANDARDS AND VALUES (i.e. male/female relationship, social situations, striving to be positive and support others, etc.). All athletes are always expected to stay with the team and are to obtain permission from coach, manager, or person directly in charge before leaving the team base. Athletes are encouraged to participate at scheduled social functions during out of province activities and during provincial training camps.

If athletes are not abiding with appropriate social behavior, the privilege of being part of the provincial team may be revoke.

## Bullying:

Bullying will not be tolerated. Bullying is defined as unwanted negative behavior, verbal, psychological or physical conducted by an individual or group against another person (or persons) and which is repeated over time. Any of these actions may lead to removal from the team.

## Curfews:

Curfews will be set and strictly enforced; room check will be routine.

## Guidelines for Travel:

Athletes participating in trips with the team must remain in close contact with the coaches or organizers to be properly informed and prepared. While traveling outside their home, in competition or in training, the athlete will comply with the following rules:

- Attend all team meetings, meals, practices, and race sessions unless otherwise approved by the coach.
- Respect the demands and needs, privacy, and sleep of others.
- Inform the coach or coaches if they need to leave the group.
  - Athlete 12 years of age and under cannot leave the accommodation or competition site unless accompanied by an accompanying adult, coach or designated older athlete.
  - Athletes aged 13 to 23 must travel in groups of two or more.

The above rules will apply while traveling to and from, as well as during any function sponsored by Cross Country New Brunswick.

The Rule of Two should be followed on all team travel. When doing room checks, both a male and a female should be present. Coaches and chaperons should interact with the athletes in open and observable environments.



## Athlete's obligations to the Provincial Team:

- It is the responsibility of the athlete to obtain a new [Nordiq Canada racing licence](#) each year. This licence must be purchased prior to the beginning of the race season.
- Provincial Team athletes must attend a minimum of **training camps** as stated in table:

If there are two (2) camps planned during the season (May to March)	Mandatory attendance is one (1) camp
If there are three (3) camps planned during the season (May to March)	Mandatory attendance is two (2) camps
If there are four (4) camps or more planned during the season (May to March)	Mandatory attendance is two (2) camps

Table subject to change if circumstances dictate.

The only acceptable reasons for non-attendance of minimum for training camps will be family emergency, university studies or exams, sickness/injury (accompanied by a doctor's note). Please refer to section "Disciplinary Procedures" regarding disciplinary action for non-compliance.

- Provincial Team athletes must attend a minimum of **NB Cups** as stated in table:

If there are two (2) NB Cups held during the season (Dec to April)	Mandatory attendance is one (1) NB Cup
If there are three (3) NB Cups held during the season (Dec to April)	Mandatory attendance is two (2) NB Cups
If there are four (4) NB Cups held during the season (Dec to April)	Mandatory attendance is three (3) NB Cups
If there are five (5) NB Cups held during the season (Dec to April)	Mandatory attendance is three (3) NB Cups
If there are six (6) NB Cups held during the season (Dec to April)	Mandatory attendance is four (4) NB Cups
If there are seven (7) NB Cups held during the season (Dec to April)	Mandatory attendance is four (4) NB Cups
If there are eight (8) or more NB Cups held during the season (Dec to April)	Mandatory attendance is five (5) NB Cups

Table subject to change if circumstances dictate.

- The athlete must immediately notify the Provincial Coach (or Club Coach in the absence of the Provincial Coach) and the HPC (via email) of any injury or illness impacting their training, participation in events or camps.
- Athletes are not permitted to drive other athletes unless authorized by all parents involved, in writing. Athletes are always expected to wear seat belts.
- Team members are responsible for the care and maintenance of their own equipment and that of the provincial team.



- Monthly training logs are required for the 14-23 year old for September to March (when a CWG year- refer to the CWG criteria)
- Athletes should attend team meetings and when not possible athletes need to advise their coach and HPC.
- Athletes are expected to dress appropriately while traveling as a team and at awards banquets. No track pants, ripped clothing, etc. We are proud to be “The New Brunswick Team”.

### **Disciplinary Procedures:**

Problems will be resolved by the High Performance Committee (HPC) which will act as a disciplinary committee or by a Disciplinary Committee designated by the HPC in consultation with the coaches if the athlete's conduct and obligations are not respected.

- If the HPC delegates the issue to a Disciplinary Committee, this committee will be made up of a coach, a CCNB Board Director (cannot be a parent of the concerned athlete) and a member of the HPC of major age.

An Athlete who disrespects others or behaves in an inappropriate manner will be summoned to the Disciplinary Committee.

The athlete whose behavior is being examined may appear before the committee accompanied by an advisor.

The Committee may decide to impose one of the following sanctions or any other appropriate sanction:

- Suspension as athlete of the NB Provincial Team.
- Revoking the athlete’s competition privileges.
- Loss of support (monetary and support staff) from the provincial team and CCNB.
- Discussions with the parents or guardian if athlete needs to return home before end of trip, at the parents' or guardian's expense.



## Personal commitment

I, the undersigned, declare that I have read and understood the above document and undertake to abide by the team's **CCNB Conduct and obligations policy of the provincial team.**

Athlete signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent or guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_

Coach signature (if you have one): \_\_\_\_\_

Date: \_\_\_\_\_



Cross Country  
New Brunswick

Ski de fond  
Nouveau-Brunswick



**Calendar-Log** \_\_\_\_\_ **2023 /** \_\_\_\_\_ **2023**

Nom/Name: \_\_\_\_\_

Dimanche/Sunday	Lundi/Monday	Mardi/Tuesday	Mercredi/Wednesday	Jeudi/Thursday	Vendredi/Friday	Samedi/Saturday

Monthly goals / Objectifs mensuels:

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