



PLAYERS CODE OF CONDUCT

Mandatory, all players shall be registered with Rugby Alberta^{R1} and agree to the terms of the Players Code of Conduct before being allowed to play for the Penguins.

1. Respect for the club, the opposition and the officials – Rugby is a hooligans sport played by gentlemen (and women).
 - a. Behave in a manner that does not reflect negatively on the Cold Lake Penguins RFC. When in public representing the team, behave accordingly avoiding being obnoxious, using excessive profanity, displaying nudity or carrying out crude acts. We need the support of the community to grow and be sustainable. Hooligan behaviour can only be tolerated at private events.
 - b. Exercise care and respect for the facilities and equipment made available to you during training and competition. Club expenses and player fees are directly affected when equipment is damaged, lost or stolen.
 - c. Speak respectfully, avoid negative criticism, encourage and empower teammates to reach their potential. Without your teammates, it's a lonely place by yourself and hard to compete against the opposition team!
 - d. Treat the opposition the way you want to be treated. Derogatory, offensive or discriminatory remarks or gestures will not be tolerated. Without our opposition we do not have a game. Without their efforts we cannot improve or reach true greatness.
 - i. Always remember that you owe a duty of care to your opponents. Tackle hard but fairly, do not intend to hurt your opponent.
 - e. The referees have the final say.
 - i. There is 30 people on the field at a time, they can't see everything
 - ii. The game is supposed to be fast and chaotic, anyone can make a mistake, demonstrate tolerance and acceptance.
 - iii. The referees never change their call but they can build a grudge and remember offensive / obnoxious players and the club they represented (don't provoke them).
 - f. The coach is a volunteer focused on developing talent, ensuring the safety of players, and aligning the efforts of a group to a purposeful strategy to be competitive. Please show respect for the efforts by:
 - i. Providing reasonable notice if you are going to be late or absent to games and practices (text, email, Facebook) or if you need to leave early.
 - ii. Avoid talking and causing distractions while instructions are being given. This would include using your cell phone (notify the coach in advance if there is a predicted emergency).
 - iii. Give your best effort to support strategies and cooperate for the benefit of the team first before the individual.
2. Maximize your experience:
 - a. Participate for your enjoyment and benefit
 - b. Safeguard your health; manage personal injuries accordingly, and play sober. Be sure to notify the coach if you suspect or know you have been concussed.
 - c. If you don't know or understand, speak up and ask.



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- d. Bring and give your best, nothing more, nothing less. The more you practice and participate in games the better you and the team will get. Each individual can lead by example and raise the bar for the rest of the team to follow. That includes a positive attitude and tenacity to not give up and stay proud.
- e. It is recommended to learn the sport by reading the rules of the game and watching matches live or recorded.
- 3. Play within the spirit and rules of the game and accept the consequence of your actions.
 - a. Winning and losing is part of sport: Win with humility – lose with dignity.
 - b. Fun and enjoyment, comradery, challenging competition and skill development are primary importance, winning games is secondary.
- 4. Learn the club mission, values, acts and bylaws posted at coldlakerugby.ca
- 5. Use social media responsibly. Do not post unauthorized pictures or comments that could damage the reputation of players or the Penguins Rugby Football Club.

By printing and signing below, you are indicating that you: (check and initial beside each^{R2})

- Have read, understand and agree to the terms of the Code of Conduct provided.
- Understand that you volunteer to play at your own risk. The City of Cold Lake or the Penguins RFC cannot be held liable for any personal injury experienced during practice or games.
- Understand that it is your responsibility to have personal insurance for healthcare and loss of wages due to injury.

Print _____ sign _____ date _____

PLAYER INFORMATION

Information will be kept confidential

Cell number				
Health Care #				
Emergency contact - name and number				
Allergies				
Health issues that may be important				
AGLC# ^{R2}	Protect expiry date		Proserve expiry date	

Important messages will be communicated using the text messages to the cell number provided

