



# Oakville Butterflies

## Rules and Expectations

2011/2012



### **Athletes:**

1. Athletes and their caregivers are expected to have read the SOO "Athlete Rights and Responsibilities", and the "Athlete Code of Conduct", attached.
2. Athletes are expected to attend all practices and arrive on time.
3. All athletes must complete all of the warm-up exercises in a proper manner
4. All athletes must ask a coach for permission in order to leave the practice to get a drink or use the washroom.
5. Water bottles are allowed in the gymnasium, but food and soft drinks are not allowed.
6. Speak with respect to coaches, volunteers and fellow athletes. Words of encouragement and positive comments are expected. No put downs or criticisms allowed.
7. No harassment of any other participant-physical or emotional. That means no punching, no kicking and no bullying. -HIGH FIVES ARE GREAT!
8. If any athlete is non-compliant she/he will be asked to sit out for a period of time.
9. We want our gymnasts to look their best
  - Hair must be clean and tidy
  - Girls wear: Butterflies t-shirt, Black leggings, Slippers
  - Do not wear jewelry during practice
  - All athletes must bring running shoes for warm up
  - Equipment needs to be well maintained

### **Parents:**

1. Communication is important! Please bring & pick up your athlete in the gym to be updated on the latest news and keep your athlete safe at the same time.
2. Parental supervision may be required, becoming involved is important.

Athlete's Signature \_\_\_\_\_

Parent/Caregiver Signature: \_\_\_\_\_

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

## Excerpts of Special Olympics Ontario, Programs, Policies & Procedures (February 14, 2011)

### 8.3.2 - ATHLETES RIGHTS AND RESPONSIBILITIES

This is a guide to assist athletes in knowing their rights and responsibilities.

1. I have the RIGHT to belong to Special Olympics Ontario (SOO).  
It is my RESPONSIBILITY to uphold its Oath and be dedicated to my sport and my team.
2. I have the RIGHT to be treated fairly and equally.  
It is my RESPONSIBILITY to know the rules, follow the rules and accept the consequences of ALL my actions.
3. I have the RIGHT to speak and be heard.  
It is my RESPONSIBILITY to communicate with others respectfully, and not to use any foul language or unkind words, or unkind gestures.
4. I have the RIGHT to a qualified and dedicated coach who will respect my rights as an athlete.  
It is my RESPONSIBILITY to work together with my coach, and respect his or her rights as a coach.
5. I have the RIGHT to enjoy my sport in a safe place and in a safe way.  
It is my RESPONSIBILITY to tell my coach, or another person I trust, if I feel unsafe.
6. I have the RIGHT to be united in sportsmanship and fair play.  
It is my RESPONSIBILITY to treat others fairly, encourage sportsmanship and fair play.
7. I have the RIGHT to bring to events my personal items and my sports equipment.  
It is my RESPONSIBILITY to look after my sports equipment and report any theft or damage of my sports equipment to someone I trust. I will not take another person's property.
8. I have the RIGHT to be respected on and off the field, or wherever I play my sport.  
It is my RESPONSIBILITY to respect others on and off the field.
9. I have the RIGHT to be the best I can be and to receive recognition for my successes.  
It is my RESPONSIBILITY to encourage and support others to do their best.
10. I have the RIGHT to win, and if I cannot win, be brave in the attempt.  
It is my RESPONSIBILITY to have fun and participate in the sport of my choice in a safe and positive way.

### 8.3.3 - ATHLETE CODE OF CONDUCT

An athlete shall:

- Adhere to the **Athlete Rights and Responsibilities**
- Maintain high standards of conduct, which includes self-control and responsible behaviour. An athlete should consider the well being of others and display courtesy and good manners.
- Avoid profane or abusive language and disruptive behaviour including behaviour that is dangerous to self and/or others including acts of violence, harassment, physical or sexual abuse.
- Abide by the rules of competition especially the Special Olympics Ontario Official Sports Rules.
- Abstain from the use of alcoholic beverages, tobacco products and/or illegal substances when participating in any Special Olympics sponsored or sanctioned activities. These activities include, but are not limited to, training/practice sessions and competition events.
- Abstain from all illegal activity.
- Honour the Special Olympics Oath.