



# TEAM BC - PARTICIPANT AGREEMENT

## The Way We Act

### **Athletes**

Make your teammates feel  
bullet proof. Don't do  
anything that will hurt the  
team

### **Coaches**

Never act in such a way  
that makes one of the  
athletes think you don't  
care about them

### **Everyone associated with Team BC**

YOU can make a difference

YOU ARE SPECIAL; YOU ARE PART OF A GROUP THAT REPRESENTS SOMETHING MORE, OUR ENTIRE VOLLEYBALL COMMUNITY IN BC, THIS GROUP, TEAM BC, IS SPECIAL. WE HAVE INCREDIBLY HIGH STANDARDS BUT WE KNOW THAT YOU CAN MEET THEM. THESE HIGH STANDARDS ARE NOT MERELY FOR ON THE VOLLEYBALL COURT AS ATHLETES AND COACHES BUT INCLUDE SOCIAL AND PROFESSIONAL STANDARDS FOR THE WAY WE ACT. AS A MEMBER OF TEAM BC YOU ARE EXPECTED TO DISPLAY PROFESSIONALISM AS A COACH OR AN ATHLETE. THAT BEING SAID, WE CANNOT CHOOSE BEING A PROFESSIONAL ATHLETE OR COACH AT THE EXPENSE OF BEING AN AMATEUR ROLE MODEL, TEAMMATE, OR FRIEND. BEING A PART OF TEAM BC IS A PRIVILEGE AND IT COMES WITH THE UNDERSTANDING THAT EVERYTHING WE DO TOGETHER IN SPORT IS ONLY IN THE CONTEXT OF OUR LARGER RELATIONSHIPS OFF THE PLAYING COURT. BETTER PEOPLE MAKE BETTER COACHES AND PLAYERS.

**Athlete agreement**

- Show respect.
- Carry a willingness to do thankless jobs in the shadows.
- Cooperate with teammates and coaches at all times.
- If you have concerns bring them up with a coach –open and honest dialogue is encouraged. Avoid conversations behind the scenes.
- Understand that how you act and present yourself (at all times) becomes your brand. You never know who might be watching.
- Simply do your best

**Staff agreement**

- Show respect. The best way to receive respect is to first offer respect.
- Every interaction is an opportunity to leave somebody a little better or a little worse –there is no neutral exchange.
- Never use intimidation or punishment to attempt to motivate athletes; understand that a person’s truly discretionary full effort can only be given willingly. It cannot be demanded.
- Be a strength finder, not a weakness fixer.
- Coaches: Seek opportunities to improve. This includes both formal professional development and informal. Ask yourself: what can I learn here?
- Grow the game! Be a positive role model not only for Team BC but for the sport.
- Refrain from public criticism of members of Team BC or other participants.
- Refrain from recruiting or promoting other programs including club, post-secondary, private business, etc for the duration of Team BC programs.

**Every member of Team BC is responsible for the safety and well being of the community**

- **When it comes to safety, if you see something: say something.**
- Use group communication (Slack) as much as possible. Avoid individual or private communications and messages between athletes and Coaches /Staff as much as possible.
- All interactions between athletes and coaches/staff should take place in open and observable environments with two screened and safety trained adults as outlined in the Athlete Safety Policy
- One-on-one meetings should be limited and take place in an open and observable environment. No staff member should be alone with an athlete for the duration of a Team BC program.
- Show dignity in all circumstances while exercising self-control and respecting the boundaries of others.
- Respect the privacy and personal property of others
- Refrain from unwanted contact, verbal abuse and threats, unwelcome remarks including jokes, innuendo or taunting (in verbal, written or digital form) about a person’s body, race, gender, attire, sexual orientation or religion.
- Follow ethical guidelines and training (staff).

Training Environment	Off court	Travel	Competition
<ul style="list-style-type: none"> <li>• Wear team BC gear at all times.</li> <li>• Give your best effort.</li> <li>• Sweep the sheds: leave the gym cleaner than it was when you showed up.</li> <li>• Be on time for training.</li> <li>• Respect other users of all facilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Zero Tolerance for drug, tobacco, vape, or alcohol use.</li> <li>• Curfew - In your rooms at 11:00PM, lights out at 11:30 PM.</li> <li>• Always be in groups of 2.</li> <li>• Boys &amp; Girls may mix in common areas. No boys in girls’ room and no girls in boys’ rooms.</li> <li>• Athletes must check in and check out with chaperones if they leave campus</li> <li>• Always have at least one coach available on campus.</li> <li>• Make safe and responsible decisions; if you have to hide an action, that action was not in line with the Team BC way.</li> </ul>	<ul style="list-style-type: none"> <li>• Stay together as a group as much as possible when on the road.</li> <li>• Follow the rules/laws of whatever province or country you are traveling in.</li> <li>• Respect the facilities/ accommodations and staff of any location/venue you visit.</li> </ul>	<ul style="list-style-type: none"> <li>• Compete with the spirit of fair play and sportsmanship at all times –display courtesy &amp; respect for all participants.</li> <li>• Fair playing time does not mean equal playing time.</li> <li>• Never let the same mistake beat you twice –whether that is your mistake, a teammate or coach’s mistake, or a referee’s mistake.</li> <li>• Show a positive and enthusiastic demeanor at all times (whether you are on the bench or on the court.)</li> <li>• Bring up protests/disagreements via the appropriate channel and in a respectful manner.</li> </ul>

**Injury/Illness**

- If an injury is suspected the athlete should be removed from training/competition immediately.
- Any injury (or potential) injury should be assessed by a medical professional if possible.
- For concussion or potential concussion please observe the protocol [here](#).
- If a participant sustains a significant injury please fill out the incident report found [here](#).

A step-by-step injury management procedure can be [found here](#).

**Reporting**

If you have a concern about the well being (physical, emotional, mental) of a participant of Team BC the following reporting options are available:

- Jay Tremonti, Volleyball BC Technical Director:1-604-805-5099, [td@volleyballbc.org](mailto:td@volleyballbc.org)
- Volleyball BC Head Office: [reporting@volleyballbc.org](mailto:reporting@volleyballbc.org)

Canadian Sport Helpline: 1-888-837-7678, [info@abuse-free-sport.ca](mailto:info@abuse-free-sport.ca), <http://abuse-free-sport.ca/en>