**PART 4 — Code of Conduct for Players/Athletes/Participants**

To fully benefit from participating in sport or recreational activities, the player, athlete, or participant must demonstrate an attitude and behavior rooted in true sportsmanship and camaraderie.

Winning or losing is not what matters most — it’s how the sport or activity is practiced. One must never lose sight of the fact that it is, above all, a game. To get the most enjoyment out of it, every player, athlete, or participant should:

a. Play for fun, remembering that sport or recreation is a means, not an end;

b. Strictly follow the rules of the game and the principles of sportsmanship;

c. Accept and respect officials’ decisions at all times;

d. Always show respect toward officials, opponents, and their supporters — they are not enemies;

e. Remain in control of themselves at all times;

f. Demonstrate exemplary behavior on and off the field, using respectful language free of insults, vulgar expressions, or profanity;

g. Respect their coach and team leaders, and follow their guidance as long as it does not compromise their well-being;

h. Give their best effort in the game, avoiding discouragement in defeat and arrogance in victory;

i. Respect others’ property and avoid theft or vandalism;

j. Refuse and not tolerate the use of drugs, medications, or any performance-enhancing substances;

k. Understand that any form of abuse, harassment, neglect, violence, or inappropriate behavior is not tolerated, and promptly report any such act — whether experienced personally or witnessed — to a coach or someone in a position of authority;

l. Review the “athlete” section on the SportBienetre.ca platform;

m. Use social media, the internet, and other electronic platforms ethically and respectfully toward teammates, coaches, and leaders, and never use them to provoke opponents or other members;

n. Ensure that everyone is treated with respect and fairness.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please return to [directiongenerale@sportsaveugles.qc.ca](mailto:directiongenerale@sportsaveugles.qc.ca) or [projets@sportsaveugles.qc.ca](mailto:projets@sportsaveugles.qc.ca)

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