

Conduct agreement



- I will create a healthy, positive training environment.
- I will treat athletes, parents, coaches, and staff with kindness and respect.
- I will protect athletes' physical, mental and emotional health.
- When I have one-on-one conversations with an athlete, I will remain at an observable and interruptible distance from others.
- I will only connect with an athlete on social media on a team-wide site, available for all to see (no one-on-one contact).
- I will offer athletes specific, constructive feedback.
- I will not give an individual athlete gifts, including food.
- I will not humiliate, intimidate, or threaten an athlete.
- I will not gossip, spread rumors, or lie.
- I will only yell to offer clear instruction, encouragement, or praise.
- I will not throw objects (such as sporting equipment) at athletes.
- I will not push, pull, step on, hit or kick an athlete.
- I will use proper equipment or safety gear.
- I will not make athletes do drills for punishment, to the point where they throw up, are dehydrated, or injure themselves.
- I will not ask an athlete to do a workout or skills they are not ready and able to do safely.
- I will not shame an athlete who says "no" to a skill, a workout, a competition.
- I will not require an athlete to practice or play when they are sick or injured.
- I will follow the athletic trainer's or doctor's recommendations regarding athlete health, safety, and readiness to train and compete.
- I will not ask an athlete to maintain an unhealthy weight or dope.
- I will not make sexual "jokes" or sext with athletes.
- I will not have a romantic relationship or engage in any type of sexual activity with an athlete.

Print Name: _____

Signature: _____

Date: _____