LIFESAVING SOCIETY CANADA
NATIONAL POLICY

SUBJECT: Lifesaving Sport Code of Conduct for Athletes	
CATEGORY: Sport	**POLICY NUMBER:**
BYLAW:	**DATE OF BOD APPROVAL:** September 14, 2026

Lifesaving Sport exists to advance the Canadian Lifesaving Society's mission to prevent drowning and reduce water-related injury, and to realize our vision of a Canada free from drowning and water-related injury. Every participant in Lifesaving Sport—athletes, coaches, managers, officials, volunteers, and staff—shares a responsibility to uphold behaviours that reflect the humanitarian purpose of our work. Our conduct, both in and out of competition, must strengthen public trust, model water safety leadership, and reinforce the values that underpin the Society.

Guided by humanitarian principles, Lifesaving Sport is committed to ethical participation that prioritizes safety, fairness, and respect. The Canadian Lifesaving Society believes sport should be conducted in a manner that is inclusive, free from harassment, abuse, discrimination, or harm, and be supportive of physical, emotional, and psychological well-being. Ethical behaviour requires accountability, transparency in decision-making, and respect for rules, officials, teammates, competitors, and the broader sport community.

As the Canadian leader in drowning prevention, we recognize that our actions set a standard for others. We value collaboration, innovation, and excellence, and we expect all participants to act with integrity and professionalism. Diversity, flexibility, and creativity strengthen Lifesaving Sport, and we are committed to fostering environments where differences are respected and everyone feels safe, welcome, and valued.

Through volunteerism, proactive leadership, and the humanitarian mission, Lifesaving Sport thrives when individuals place the collective good above personal gain. This ethical framework serves as the foundation for all Codes of Conduct, outlining the expectations for behaviour that supports safe sport, fair competition, and the continued advancement of lifesaving values across Canada and around the world.

1. PURPOSE

This Code of Conduct outlines expectations for all athletes participating in Canadian Lifesaving Sport. It supports a safe, respectful, inclusive, and positive sport environment and aligns with:

- The Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS)
- Sport Integrity Canada (SIC)
- National Safe Sport standards

2. SCOPE

This Code applies to all athletes at Canadian Lifesaving Sport, at National and International trainings, competitions, camps, and related activities.

3. CORE VALUES

Athletes are expected to:

- Show respect for themselves and others
- Demonstrate sportsmanship and fair play
- Act with integrity and honesty
- Support inclusion, equity, and diversity
- Promote safety and well-being

4. STANDARDS OF CONDUCT

4.1 Respectful Behavior

Athletes must:

- Treat teammates, coaches, officials, volunteers, spectators and competitors with respect
- Refrain from harassment, discrimination, bullying, or intimidation
- Use appropriate language and behavior
- Respect cultural differences
- Accept decisions of officials respectfully
- Acts in a manner that upholds the values of Lifesaving Society Canada and promotes positive representation `

4.2 Safe Sport Responsibilities

Athletes must:

- Follow Safe Sport policies and the UCCMS
- Report maltreatment or unsafe behavior
- Support teammates who raise concerns
- Maintain appropriate boundaries
- Participate in Safe Sport education

4.3 Training & Competition Conduct

Athletes will:

- Attend practices and competitions prepared and on time
- Follow training plans and safety instructions
- Compete fairly and within the rules
- Never cheat or manipulate competition outcomes
- Respect equipment and facilities

4.4 Health & Wellness

Athletes must:

- Prioritize physical and mental well-being
- Inform coaches of injuries or health concerns
- Never train or compete while injured without medical clearance
- Avoid substance misuse
- Follow anti-doping rules

4.5 Inclusion & Equity

Athletes shall:

- Welcome teammates of all backgrounds
- Prohibit and challenge discriminatory behavior
- Support accessible sport environments
- Promote positive team culture

4.6 Social Media & Technology
Athletes must:

- Use social media in a manner that promotes the positive and inclusive culture of Lifesaving
- Personal opinions and views must be identified as such and not related to your representation of Lifesaving Society Canada
- Never post harmful, discriminatory, or abusive content
- Obtain consent before posting images of others
- Do not engage in cyberbullying
- Report online harassment
- Need to respect the confidentiality of fellow athletes
- Have respectful communications among fellow athletes, coaches and managers

4.7 Representation
Athletes will:

- Represent Canadian Lifesaving Sport positively
- Act professionally at events
- Follow team policies and dress codes
- Avoid behavior that may damage the organization's reputation

5. PROHIBITED CONDUCT
Athletes must not:

- Engage in any form of maltreatment (UCCMS)
- Bully, harass, or discriminate
- Participate in hazing or initiation activities
- Retaliate against someone who reports concerns
- Use performance-enhancing substances
- Gamble on Lifesaving competitions
- Possess or use illegal substances at events
- Bring weapons or dangerous items

6. REPORTING OBLIGATIONS
Athletes are encouraged to:

- Report maltreatment or unsafe situations
- Use independent reporting mechanisms
- Speak to trusted adults or Safe Sport officers
- Understand that reporting is protected from retaliation

7. DISCIPLINARY MEASURES
Breaches may result in:

- Education or warnings
- Temporary suspension
- Removal from team or events
- Termination of ability to compete in future events/teams
- Referral to external authorities

8. ATHLETE RIGHTS
All athletes have the right to:

- Feel safe, respected, and included

- Speak up about concerns without fear
- Be treated fairly regardless of ability or background
- Ask questions and get help
- Have a trusted adult support them

9. ACKNOWLEDGEMENT
Athletes must sign:
- Agreement to follow this Code
- Understanding of Safe Sport policies
- Commitment to respectful behavior

9. REVIEW & UPDATES
This Code will be reviewed regularly to align with:
- SIC guidelines
- UCCMS updates
- National sport standards

10. YOUTH ATHLETE GUIDELINES (UNDER 18)
Canadian Lifesaving Sport is committed to providing a safe, supportive, and age-appropriate environment for all athletes under the age of 18.

10.1 Expectations for Youth Athletes
Athletes under 18 are expected to:
- Treat teammates, coaches, officials, and volunteers with respect
- Follow safety rules and instructions
- Try their best and have fun
- Support teammates and be kind
- Use respectful language in person and online

10.2 Safe Sport Awareness
Youth athletes should:
- Know what safe and unsafe behavior looks like
- Understand personal boundaries
- Trust their feelings if something feels wrong
- Say “no” to uncomfortable situations
- Tell a trusted adult if something concerns them

10.3 Reporting for Youth Athletes
Athletes under 18 are encouraged to:
- Talk to a parent/guardian
- Talk to a coach, manager, friend or Safe Sport contact
- Use anonymous reporting options where available
- Call emergency services if they feel unsafe

You will not get in trouble for asking for help.

10.4 Online Safety
Youth athletes must:
- Think before posting
- Never share personal information online

- Avoid private or secret messaging with adults
- Report online bullying
- Ask permission before posting photos of teammates

10.5 Parent/Guardian Support

Parents/guardians are encouraged to:

- Review this Code with their child
- Support positive behavior
- Help their child report concerns
- Stay informed about Safe Sport policies

APPROVAL HISTORY

ISSUED BY:	APPROVED BY:	BOARD APPROVAL
Sport Commission	Sport Commission	