



Athlete Agreement / Code of Conduct

Oceanside Eagles Volleyball Club Athlete Agreement

The Oceanside Volleyball Club is committed to providing you with a positive and rewarding volleyball experience. By agreeing to these rules herein, you commit to supporting and respecting your teammates, coaches, and volunteers. You also agree and understand playing on a Club team within Oceanside Volleyball Club will require dedication and a certain amount of time.

- I understand that I am expected to attend **all** training sessions, games, tournaments, and all other club activities (including during injury - for learning purposes)
- I understand I must show dedication to my team and provide my full attention to my team during practices, games, and anything else club related.
- I understand I must respect the club, club coaches, players, officials, and administrators of *Oceanside Volleyball Club*.
- I understand that I must report any injury or illness to my coach before any competition or training session.
- I understand my coach will provide me with on-going evaluations and feedback to enhance my development as a volleyball player.
- I understand that any complaints must first be communicated to the coach or assistant coach, and if not satisfied I must then communicate to the Board of Directors. Such communication will be done away from other players/parents and in an appropriate facility.
- I have read and understood the *Oceanside Volleyball Club* Social media policy (attached) and will abide by these guidelines.
- I have read and understood the *Oceanside Volleyball Club* travel policy-accommodation and travel (attached) and will abide by these rules.
- I understand that I may be removed from the team or Club for failing to abide by these rules or any other Club rules as set out in the Oceanside Volleyball Club policies.
- I understand use of any illegal or controlled substance (alcohol, drugs, tobacco-including vaping) will not be tolerated in any form whatsoever.

Clothing and Dress Code Policy

Introduction

The Dress Code policy is intended to ensure appropriate and professional representation of the *Oceanside Volleyball Club* at practices and tournaments. This policy applies to players.

Athletes

1. Members will be asked to wear *Oceanside Volleyball Club*, VBC or Volleyball Canada clothing.
2. Members can wear an appropriate Volleyball/ athletic t-shirt.
3. Appropriate volleyball/athletic shoes must be worn at all times during practice and competition.
4. Appropriate t-shirts cannot have the sleeves cut off or contain wording or logos that are:
 - a. Sexually explicit
 - b. Contain alcoholic or drug advertisements, or offensive material
 - c. Bearing logos from other clubs
5. Tank tops are prohibited.
6. Mid riffs must be covered.
7. No jewelry, including watches, earrings, bracelets, necklaces during practice or competition is recommended (If needed you may cover a piercing with tape)
8. Spandex shorts are permitted but must fully cover the buttocks and underwear.
9. Before and after practice or competition, athletes must change out of their playing attire in a change room, or if unavailable discretely and quickly to not draw any unwanted attention to the member or *Oceanside Volleyball Club*

Social Media + Online Communication Policy

Oceanside Volleyball Club understands that advancements of technology are enabling new forms of social interaction and social media is a popular communication tool for players, parents and coaches. Oceanside Volleyball Club is also aware that social media is a venue where inappropriate behavior and misconduct can occur. The following policies are meant to ensure the appropriate use of social media and online communication.

Texting, Email and Similar Electronic Communications - TeamSnap is the platform used for team communication across Oceanside Volleyball Club

When a player feels the need to text or email a coach or staff member, the following guidelines must be followed:

- A parent (or guardian) must be copied
- It should be sent only with information regarding the organization or team or club activities

Social Media (Instagram, Snapchat, Facebook, Blogs and Similar Sites)

- Players are never to post pictures of other club members or players that can be hurtful or embarrassing or without their permission.
- The use of any device of recording or transmitting visual images is strictly prohibited in showers, restrooms, changing rooms or other areas where participants expect privacy.
- Protecting the identity and privacy of all Oceanside Volleyball Club players is required.
- Do not post names, photos or identifying information at any time.
- Players and parents can follow the official Oceanside Volleyball Club Facebook and Instagram pages and coaches can communicate to players through TeamSnap. The communication must be open, transparent and professional in nature and for the purpose of communicating information about the team or club activities.
- Social media sites should not be used to abuse or criticize the organization, members or players.

Travel Policy - Accommodation and Tournament and Practice Venues

- Parents/Guardians are responsible for getting their athlete to/from tournaments.
- Families will be responsible to cover costs associated with team travel.
- Team managers are encouraged to assist with travel arrangements for all players.
- Players are not to leave the competition venue without the permission/knowledge of the Head Coach.
- Curfews are set by the coaches and must be strictly adhered to by all players.
- Players will be respectful to all teammates, parents, officials, coaches, players from other teams and the public when travelling with Oceanside Volleyball Club.