

I, _____, an athlete registered with Karate Nova Scotia, understand, and agree to abide by the terms of the Athlete Agreement.



- a) The athlete agrees to attend all team workouts for their area of competition interest (kata and/or kumite), plus the first and last combined team workouts of the season. If an athlete is doing kata only, they are required to attend the first and last combined provincial team workouts and all provincial kata sessions. If an athlete is doing kumite only, they are required to attend the first and last combined provincial team workouts and all provincial kumite sessions. If an athlete is doing both kata and kumite then they are required to attend all kata and kumite training sessions. The team workouts will be posted on the KNS website.
- b) The athlete has read and understands the **selection** process as outlined in the “Athlete Handbook & Team Guidelines”.
- c) Athletes must attend all the **Approved Events** outlined in the “Athlete Handbook & Team Guidelines”.
- d) The athlete agrees to notify the Coaching Staff and Team Manager of any injury or other legitimate reason that will prevent the Athlete from participating in a mandatory activity/event. In the case of an injury a certificate/note from a medical doctor setting out the specific nature of the injury *may* be required. The athlete agrees that even if injured, they will attend all mandatory events as a **spectator**.
- e) The athlete will be excused from a mandatory event if they are ill. The athlete agrees to notify the Coaching Staff and Team Manager of any illness at the earliest opportunity. In the case of illness, a note from a medical doctor setting out the specific nature of the illness *may* be required.
- f) The athlete agrees to notify the Team Manager of any change in medication after signing Karate Canada’s (KC) Medical Examination Report. The athlete also agrees **not** to take any over the counter medicines two weeks prior to Nationals, unless approved by the team’s medical representative.
- g) The athlete agrees not to consume **illegal substances**, such as non-medically prescribed drugs. The athlete also agrees not to consume **banned substances including cannabis**. Karate Canada (KC) has adopted the 2009 Canadian Anti-Doping Program (CADP), which is the set of rules that govern doping control in Canada. Administered by the Canadian Centre for Ethics in Sport (CCES), the CADP applies to members of KC and participants in KC sanctioned activities. By signing the Athlete agreement, the athlete is acknowledging that they are aware that the CADP applied to them. For further information, please visit the Athlete Zone on the CCES website <https://cces.ca/athlete-zone> and the status of cannabis in sport at <https://cces.ca/cannabis>.
- h) The athlete agrees, if they are under the age of 19 years, to avoid **alcoholic** consumption at any KNS or KC event. If 19 years of age or over, the athlete agrees to avoid alcohol consumption 24 hours before a competition until the close of the competition. The athlete agrees that even after the close of the competition they will avoid intoxication during a KNS or KC event. Any breach of this clause could result in sanctions from KNS and/or KC.
- i) The athlete agrees to ensure that their behavior complies with a **harassment-free** and **abuse-free** environment and the athlete agrees to refrain from any conduct or action that disparages KNS.
- j) When **travelling with the Team**, the athlete agrees:

- 1) To wear the team tracksuit when travelling with the team, attending team functions, and during the competition.
 - 2) To obey the curfew imposed on all junior athletes. On competition days athletes must be in their room at 10:00 pm and the lights out by 10:30 pm; on non-competition days athletes must be in their room at 10:30 pm and the lights out by 11:00 pm unless advised otherwise by the Coaching staff.
 - 3) To turn off their cell phone during curfew hours.
 - 4) To attend on time, all scheduled team meetings, training sessions, team social events and any other activity.
 - 5) To stay at the competition site as a team member until the end of all events unless permission is granted by a member of the Coaching staff.
 - 6) To attend all team meals unless permission to do otherwise is granted by a member of the Coaching staff.
 - 7) To stay at the hotel unless permission to leave is granted by a member of the Coaching staff.
 - 8) Only team members/parents of the athlete are allowed in the athlete's room. If team members are in each other's room the door must remain open. Under no circumstances are strangers or members of other teams allowed in an athlete's room.**
 - 9) To always keep their room presentable.
 - 10) Abide by the laws of the host Province.
- k) The athlete agrees that, if they are competing in kumite, they will be no more than 3% over their weight class in kumite the week leading up to Nationals. The athlete understands that if they are over by 3% the week leading up to Nationals and/or they do not make their weight class, they will be responsible to reimburse KNS if they received any funding from KNS.
- l) The athlete agrees to have a clean, proper fitting gi, which conforms to the rules. The athlete agrees to have the required equipment when attending any competition.
- m) The athlete agrees to be familiar with the WKF rules governing competitions.
- n) The athlete acknowledges that any breach of the Athlete Agreement may result in a disciplinary ruling handed down by the Coaching Staff. The Head Coach has final authority in all matters pertaining to the team.

By signing below the athlete acknowledges they have read the Athlete Handbook and are committed to this agreement.

Signed this _____ day of _____, 202 ____.

Signature of Athlete

By signing below the parent(s) acknowledge they have read the Athlete Handbook and are committed to this agreement.

Signed this _____ day of _____, 202 ____.

Signature of Parent or Guardian (if under 19 yrs)