

# Code of Conduct: PLAYERS



## 1 Respect for self, others, and the rules

- I respect my body by not using drugs and by adopting a healthy lifestyle.
- I respect the rules and policies of the QMJHL and the team, and all applicable laws.
- I am respectful of my teammates, coaches, officials, community members, billet family and opponents, regardless of gender, identity, or ethnic origin.
- I respect the notion of consent.

## 3 Safety

- I remain in control of myself and respect the rules of the game so that hockey, a robust sport, does not become a dangerous sport for myself and my opponents.
- I remain in control of myself so as not to jeopardize the safety of spectators.
- I drive carefully, without being under the influence of alcohol or drugs, and make sure I'm in good physical and psychological condition.
- I will report any medical and/or personal problems if they may affect my safety or that of others.

## 5 Sportsmanship

- I adopt a positive and constructive attitude.
- I support my teammates, so I win as a team and lose as a team.
- I accept officials' decisions, remembering that they're there to enforce the rule book to prevent a player or team from gaining an unfair, illegal advantage that does not comply with the rules of hockey.
- I avoid creating cliques or discrediting my coaches or teammates.

## 7 Commitment

- I commit to respecting my code of conduct and all related regulations, laws, and policies.
- I commit to respecting my obligations and my team's instructions.

## 9 Honesty

- I refuse to win through illegal means and cheating.
- I act with honesty towards the people around me.

### VALUES



## 2 Integrity

- I am a positive influence and role model for my teammates, family, and young fans.
- I avoid alcohol and drugs consumption that could lead to a problematic situation.
- I do not participate in gambling activities such as sports betting that could lead to addiction and loss of money.
- I am careful with social and traditional media; both in the messages and solicitations I may receive and in the comments I make. I also refrain from threatening anyone and/or producing and/or distributing pornographic or embarrassing material.
- I encourage integration activities, but I eliminate all humiliating, illegal, dangerous, and degrading activities such as hazing.

## 4 Dignity

- I accept victory with modesty, without ridiculing my opponent.
- I accept defeat by recognizing my opponent's good work and being aware that it is not an end in itself.
- I accept my mistakes and those of my teammates.

## 6 Surpassing oneself

- I commit to giving the best of myself as a hockey player and as a student.
- I commit to having goals and working to achieve them while respecting the rules and policies in place.

## 8 Perseverance

- I make a constant, committed effort.
- I learn as much from defeat as from victory.
- I am disciplined and put the necessary effort into my studies.
- I face adversity and seek support when necessary.

## 10 Benevolence

- I accept diversity and promote inclusion by avoiding any form of discrimination or vexatious comments or gestures (racist, homophobic, sexist, etc.).
- I report inappropriate behaviour.

### RESOURCES

#### Resources in Quebec

**Centre for Respect in Hockey - REES**  
Filing a complaint

**Player Support Program:**  
supporttovictims@lhjmq.qc.ca  
Phone and text message: 1-877-650-3555

**Sport Aide:**  
<https://sportaide.ca/en/home/>  
Phone and SMS: 1 833 211-AIDE (2433)

**Tel-jeunes:**  
<https://www.teljeunes.com/Home>  
Phone: 1 800 263-2266  
Text message: 514 600-1002

**Kids Help Phone:**  
<https://kidshelpphone.ca/>  
Phone: 1-800-668-6868

**Drugs: Help and Referral**  
<https://www.aidedrogue.ca/en/>  
Phone: 1 800 265-2626

**Gambling: Help and Referral**  
<https://aidejeu.ca/en/>  
Phone: 1 800 461-0140

**Canadian Mental Health Association (CMHA):**  
Bounce Back Program  
<https://bounceback.cmha.ca/>

**General public resources:**  
• Tel Aide: 514-935-1105 <https://telaidemontreal.org/en/>  
• Info Santé: 811  
• Suicide Prevention Helpline: 1-866-277-3553

**Sexual Violence Helpline**  
<https://sexualviolencehelpline.ca/1/home>  
Phone: 1 888 933-9007 (Toll-free)  
Emergency: 9-1-1

**Regroupement québécois des centres d'aide et de lutte contre les agressions à caractère sexuel**  
<https://rqcalacs.qc.ca/en/>  
Phone: Montréal area: 514 529-5252  
Toll-free: 1 877 717-5252  
Email: [info@rqcalacs.qc.ca](mailto:info@rqcalacs.qc.ca)

**Cybertip!ca**  
<https://www.cybertip.ca/en/contact/>  
1 866 658-9022

**Canadian Centre for Mental Health and Sport (CCMHS)**  
[info@ccmhs-ccsms.ca](mailto:info@ccmhs-ccsms.ca)  
1 833 462-2647

#### Resources in the Maritimes

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Filing a complaint

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**Canadian Mental Health Association (CMHA):**  
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<https://bounceback.cmha.ca/>

**General public resources:**  
Crisis Services Canada  
<https://www.crisisservicescanada.ca/fr/>  
Phone: 1 833 456-4566  
Text message: 45645

**Canadian Association of Sexual Assault Centres**  
<https://casac.ca/home/>  
Phone: (604) 876-2622  
Email: [info@casac.ca](mailto:info@casac.ca)

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#### New Brunswick

**New Brunswick Now You Know**  
[https://www2.gnb.ca/content/gnb/en/corporate/promo/sexual\\_violence/support.html](https://www2.gnb.ca/content/gnb/en/corporate/promo/sexual_violence/support.html)

**Sexual Violence New Brunswick**  
<https://svnb.ca/en>  
Phone: 506.454.0437  
Email: [info@svnb.ca](mailto:info@svnb.ca)

#### PEI

**Prince Edward Island Rape and Sexual Assault Centre**  
[www.peirsac.org](http://www.peirsac.org)  
Phone number: 902-566-1864  
Toll-Free Number: 1-866-566-1864  
Email: [admin@peirsac.org](mailto:admin@peirsac.org)

#### Nova Scotia

**Nova Scotia Sexual Assault Centres**  
<https://novascotia.ca/coms/svs/sexual-assault-centres/>

# Code of Conduct: STAFF



## VALUES

### 1 Respect for self, others, and the rules

- I respect the rules and policies of the QMJHL and the team, and all applicable laws.
- I treat every player with respect and fairness.
- I use appropriate language and behaviour towards players, the QMJHL, officials, spectators and opposing teams.
- I show courtesy and respect to my colleagues and the community, regardless of gender, identity, or ethnic origin.

### 3 Safety

- I remain in control of myself in order to communicate appropriately with players.
- I ensure that the equipment and facilities respect the players' level of development and safety principles.
- I inform players of the dangers inherent to playing hockey.
- I respect players' recovery time when they are injured or ill.

### 5 Sportsmanship

- I adopt a positive and constructive attitude.
- I accept officials' decisions, remembering that they are there to enforce the rule book.
- I avoid creating cliques or discrediting players, my organization or the QMJHL.

### 7 Commitment

- I commit to respecting my code of conduct and all related regulations, laws, and policies.
- I uphold the values of sport in all my behaviour.
- I honour my written and verbal commitments to the players, my organization, and the League.

### 9 Honesty

- I refuse to win through illegal means and cheating.
- I am honest with the players and my organization.



### 2 Integrity

- I respect my authority as a staff member by preserving the physical and mental integrity of the players.
- I am a positive influence and role model for the players.
- I use my authority wisely and always act in the best interests of all players, the team, and the League.
- I consider the development of the individual to be as important as the development of the hockey player.
- I make players aware of alcohol and drug abuse, as well as pathological gambling.
- I avoid any alcohol consumption that could lead to a problematic situation.
- I choose my comments intelligently and respectfully through traditional and social media.
- I encourage integration activities, but I forbid any humiliating, illegal or dangerous activity such as hazing.

### 4 Dignity

- I accept victory with modesty, without ridiculing my opponent.
- I recognize with dignity my opponent's performance in defeat.

### 6 Surpassing oneself

- I commit to giving the best of myself.
- I promote the development of self-confidence and self-esteem.
- I commit to setting realistic goals for the players and communicating them effectively.

### 8 Perseverance

- I emphasize the players' hard work and perseverance.
- I put the players' academic success ahead of their athletic goals.
- I deal with adversity by seeking out the necessary support.

### 10 Benevolence

- I place the players' well-being at the heart of my priorities and attach importance to their mental health.
- I report inappropriate behaviour.
- I accept diversity and promote inclusion by avoiding any form of discrimination or vexatious comments or gestures (racist, homophobic, sexist, etc.).

## RESOURCES

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