

Mustang Athlete Code of Responsibility

As a athlete, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration
- I will be fully responsible for my own actions and the consequences of my actions
- I will respect the property of others
- I will respect and obey the rules of my team and laws of my community, state and country
- I will show respect to those who are responsible for enforcing the rules of my team and the laws of my community, state and country
- **I will not talk** during warm-ups and stretching, and when a coach is talking
- **I will not use Profanity**
- **I will stay** in my designated area during practice and meets **(During track meets, I will stay with the team under the team tent at all times)**
- I will use the **buddy system** when going to the restroom
- **I will clean-up** during and at the end of each track practice and meet
- **I will not eat non-healthy foods** (i.e. pizza, hotdogs, fried chicken, burgers, candy, etc.) before or during practice and/or track meets

Discipline for Athletes who break these rules will be as follows:

- Discipline Explanation
- Extra exercises
- Mediation with Parent/s and Coach
- Mediation with Parent/s, Coach, and Team Coordinator
- Removed from the team (after all other discipline does not prevent the reoccurrence of a behavior)

PARENTS - During track meets, please, **DO NOT** run on the infield, track, or stands with your child/children, as this may cause him/her/them to be disqualified from the race.

I understand that a athlete whose character or conduct violates the team's Athletic Code of Responsibility is not in good standing and is ineligible for a period of time as determined by the coach.

Informed Consent – By its nature, participation in athletics includes risk of injury and transmission of infectious disease such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have a responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow a proper conditioning program,

and inspect their own equipment daily.

PARENTS, GUARDIANS OR ATHLETES WHO MAY NOT WISH TO ACCEPT RISK DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS FORM. ATHLETES MAY NOT PARTICIPATE IN AN CLEVELAND MUSTANGS SPORTS WITHOUT THE ATHLETE'S AND PARENT'S/GUARDIAN'S SIGNATURE.

I understand that in the case of injury or illness requiring transportation to a health care facility, that a reasonable attempt will be made to contact the parent or guardian in the case of the athlete being a minor, but that, if necessary, the athlete will be transported via ambulance or coaches vehicle to the nearest hospital.

By signing this we acknowledge that we have read the above information and that we consent to the herein named student's participation.

***Must Be Signed Before Physical Examination**

Student's Signature
Date

Birth Date

Parent's or Guardian's Signature
Date