



**DRAGON BOAT CANADA
BATEAU-DRAGON CANADA**

YOUTH DEVELOPMENT GUIDELINES

- **Youth Development Tips**
- **Recruitment**
- **Competitive Development**
- **Fundraising**

DRAGON BOAT CANADA YOUTH RACING COMMITTEE

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1. Introduction

This document has been prepared by Dragon Boat Canada's (DBC's) Youth Racing Committee to help guide and facilitate the growth of youth teams and to outline a path for groups to successfully start their own teams. Our goal is to provide a national resource so that the sport of dragon boat can continue to develop and flourish while learning from the experiences of the past.

These guidelines are intended for youth dragon boat teams either in their infancy and looking for advice to expand or for individuals looking to create a team. "Youth" in this context covers the Junior (athletes aged 18 and under), 24U (athletes aged 24 and under), and University (athletes that are enrolled in a university program full-time) racing categories. The 24U-PS racing class is an inclusive combination of the 24U and University categories. For simplicity's sake, this document will focus on the former three categories.

In the following sections, we will delve into the various programs for each category of school, community, competitive, and university teams. We will discuss various aspects of running a team, such as recruitment, fundraising, and club management. This document is not meant to be exhaustive, but to provide a range of guiding resources, recommendations, and support.

While the information supplied may seem overwhelming, not everything may be applicable to your team, especially for recreational teams that are just looking to have fun. Dragon boat involves a unique dynamic that isn't found in other team sports and the most important thing for youth teams is that the paddlers have fun. A short checklist is provided in Appendix I for ease of reference.

2. Starting a Team

2.1. Mission and Objectives

Identifying a team objective is essential. A clear statement behind the mission and reason for existence of a team is necessary to sustain a sound and healthy environment throughout the standard dragon boat calendar. It is a philosophy to guide team members in determining if actions align with the broader view of the team goals.

Defining a mission provides a framework to the team and its members, helping them to:

- Focus on training in a cohesive manner;
- Make budget-related decisions;
- Guide management decisions; and
- Identify an element that each team member can own and make a part of their personal motivation.

2.2. Registration

Examples of requirements to starting and registering a team include:

- Constitution/team philosophy
- Code of conduct
- Budget
- Team administrator/manager
- Qualified coach
- Local club affiliation
- Fundraising plan
- Team roles (e.g. Captain, President, Treasurer)
- Steer
- 20+ paddlers

2.2.1. School

One of the most straightforward ways to start a team is to obtain support from a school. Major benefits of this approach include a more consistent recruitment base from students entering the school each year in addition to potential funding support. University and 24U programs typically have larger recruitment pools from a more populous student body compared to junior programs.

Schools and affiliated club programs will usually have their own restrictions and guidelines to follow. As an example, the Ontario Physical and Health Education Association has developed a set of guidelines for dragon boating in schools: the [OPHEA Safety Guidelines](#), which apply to the province of Ontario (e.g. a swim test is required each year). Please refer to your provincial school sports association for any applicable guidelines. While they can seem overwhelming at first, many recommendations follow what is already common practice in most clubs and teams.

2.2.1.1. Secondary School

Best practices for secondary school involvement would be to first find an engaged and committed local coach that has been certified by DBC. The next step would be to involve an advisor from the school itself, particularly to obtain approval for the activity. Many school boards will not allow outside groups to advertise their interests within the school. Additionally, a school may require certain qualifications from a coach, including first aid certification and a police background check, in addition to other safety practices, such as a safety boat and lifeguard. Official guardian consent and support will be required for participation by minors.

2.2.1.2. Post-secondary School

Registration with a post-secondary school such as a university would typically go through the student body club system or a specific faculty, program, or college. Post-secondary schools may have their own requirements for team/club membership, such as good academic standing. While sports teams may have expanded opportunities compared to clubs, they will also usually have more stringent requirements. A coach for a post-secondary school team may need certain qualifications, similarly to those required by secondary schools, but in some cases, may also require more extensive experience.

2.2.2. Community Club

Community club registration is typically more informal, and will usually have fewer requirements compared to a school. While it is still recommended to adhere to common safety practices and engage with a qualified coach, teams will have more flexibility and can tailor their activities to their unique circumstances.

2.3. Code of Conduct

For maximum team cohesion, each team member should have an attitude and behaviour aligned with key principles. Current best practices call for a code of conduct that defines the limits of these key principles and ties values to success. To better supervise the practice of our sport, team members should be required to respect a list of elements constituting a code of conduct that includes the following topics, as applicable:

- Sportsmanship
- Respect
- Ethics
- Offensive conduct
- Sexual harassment and misconduct
- Inclusion
- Anti-doping rules
- Alcohol and tobacco products
- Dress code

An example can be found in Appendix II.

3. Creating a Budget and Calendar

Costs can vary greatly from team to team, and from coast to coast. University/24U programs will typically have higher costs than Junior/secondary school programs. Costs will also depend on fundraising activities, local club and regatta fees, and any subsidies or discounts. A budget and system to track finances can be maintained using Microsoft Excel, Google Sheets, or similar programs. Sample costs can be seen in Table 1 (other costs may exist that are not listed here, such as indoor facility rentals). Tax rates vary by region.

Table 1: Sample Cost Estimates

Cost Item	Estimated Cost
Jerseys	\$20-45 per jersey
Dragon Boat Rentals (1-3 practices/week)	\$0-\$500 (self-owned boat) \$1500-\$3000 (Central/Eastern Region) \$500-\$2000 (Western Region)
Paddles (offer assistance in choosing a brand/size)	Included in dragon boat rental: \$0 Wooden: \$50 per paddle Carbon Fiber: \$100-\$350+ per paddle
Personal Flotation Devices (PFDs) (check local guidelines, sizes are variable, especially for youth athletes)	Included in dragon boat rental: \$0 Jacket: \$50-\$130 Belt: \$50-\$150
Regattas	\$500-\$1000 per regatta
Coaching Fees	\$0-\$45/h
Contingency Fund	~5% of total costs
Insurance (coach, boat, facility, etc.)	~\$80+ (varies depending on coverage)
DBC Costs (Optional) - Club Membership - Athlete Membership	\$30 individual athlete membership, with other costs varying by club size and activities
Misc (Optional) Team Tent, tarps	\$200 per tent, \$5-\$10 per tarp

It is recommended to collect team fees in 1-3 installments before payment is required to be made, to spread out costs and to avoid the risk of the team's leadership having to pay out-of-pocket. A refund policy should also be established and clearly stated.

A race calendar consists of tracking the following items (try to avoid back-to-back weekends and over-scheduling activities):

- Regattas
- Fitness tests
- Deadlines (e.g. registration, team fee payments)
- Training and practices

4. Coach

4.1. Attitude

Experience with youth (through coaching or as a young athlete themselves) is ideal, but not required. Most importantly, a team needs a coach that understands how to work with youth teams, which involves maintaining a positive and encouraging attitude and being committed to teaching and developing new and growing athletes. A coach is essentially a teacher and should be a good role model for young athletes.

4.2. Commitment and Expectations

A coach should be committed to the team and be aligned with its goals. Expected commitment should be communicated ahead of time, including planning and running practices, regatta presence, and time spent outside of official team activities (e.g. one-on-one sessions with athletes, video review, other online/offline communication, etc.).

4.3. Cost

Fees, costs, and salary expectations should be clearly communicated upfront. Considerations include whether the coach is paid, if they are paid a flat salary for the season or an hourly rate and if the salary includes both winter and summer, and what is covered (e.g. practices, regattas, etc.). Any fees that are or are not covered should be indicated (e.g. parking, gas, travel, accommodations, jersey, insurance, regatta fees, DBC membership, etc.).

4.4. Certification and Insurance

A coach may require certain certifications. Check your local regional guidelines for more information. Volunteer coaches often have their insurance paid for by the club, while more formal coaches may need to obtain their own insurance. DBC offers coaching certification for all levels, as well as insurance for coaches and clubs.

4.5. Working with Minors

Coaches should be careful while working with minors and extra precautions should be taken, such as not being alone with a minor outside of the public eye and regarding communications. A responsible adult must be identified if a minor is going on a trip (e.g. coach, chaperone, etc.) and this responsibility must be accepted. The attitude and desires of the athlete should be considered, especially if they are different from their guardian's. Most importantly, a coach (and any other adult figure involved) must be supportive and provide a positive responsible authority for athletes. A police and vulnerable sector check are standard expectations for adults working with minors. [Safe Sport](#) offers training that let people create safe sport environments so people can recognize maltreatment and prevent or address it.

5. Recruitment

There are many recruitment methods that teams can use, with word-of-mouth and personal connections being especially important for youth teams. Several strategies are outlined below:

- Recruitment via word-of-mouth and personal friends or acquaintances
- Club Day presence
 - Display photos, team achievements (e.g. trophies), and equipment (paddles, life jackets, drums, jerseys)
 - Have a pitch ready for what to say: provide information and a reason for members to join the team → know how to sell your team
 - Provide a balanced view of fun and training expectations
 - Inform interested people of upcoming activities (information sessions, “introduction to dragon boat” events, etc.)
 - Collect contact information (i.e. email)
- Social media engagement
 - Photos of team gatherings
 - Social media trends
- Information session (virtual or in-person)
 - Advertise on social media and in-person (e.g. at Club Day)
 - Indicate a time and place
 - Book a room and/or equipment
 - Make use of props, presentations, and pictures
 - Provide information on costs, dates, and expectations
- Introduction to Dragon Boat event
 - Demo days are great ways to give people a taste of what dragon boat is about and will enable you to showcase the most fun aspects of the sport
 - Invite youth paddlers to a one-day clinic where you can incorporate an introduction to technique, safety, basic race information, and team building activities
 - Advertise on social media and in-person (e.g. at Club Day)
 - Look for local sponsors, assistance from a local club, fundraising ventures, etc. to keep costs low or free for participants to increase interest

6. Training

Sustained engagement over the course of the training season (both on- and off-season, depending on the team) is key to maintaining interest, keeping athletes interested, and ensuring that the team is both having fun and meeting expectations. A variety of training and engagement activities are encouraged, noting that not all activities listed below are necessary, particularly for recreational teams:

- Taking attendance: helps to monitor individual participation
- Off-season training (Western Region)
 - In warmer climates, teams will mostly be able to paddle year-round, and so the winter season will look very similar to the summer, with possibly a greater focus on technique and development
- Off-season training (Central/Eastern Regions)
 - In colder climates, indoor and dryland training will have to replace paddling during the winter months
 - Land training: consists of strength training, team circuits, and/or team runs (can take place in gyms, parks with calisthenic equipment, tracks, etc.)
 - Swimming pool: an accessible method to work on technique over the winter (pool paddles, which are narrower than regular paddles, or upside down paddles are recommended); a lifeguard may be required
 - Paddle pool: a dedicated indoor training facility that more closely resembles a dragon boat, but that may be more expensive and less accessible than a swimming pool
 - Paddle erg: a piece of equipment resembling a rowing erg, but adapted for paddling, which may be more accessible than a paddle pool
- Team bonding activities
 - Junior/post-secondary students
 - Season-long competitions such as Minute to Win It challenges and end of season prizes with ballots from elements such as attendance
 - Bring a Friend Night: each paddler brings a non-paddling friend to introduce them to the sport
 - Team fundraisers
 - Adventure Session: a practice focused on exploring the area in the boat, letting different people steer (with guidance) and try different seats in the boat, while finishing with ice cream
 - Team leader: a captain or other leader can lead warmups, cooldowns, organize boat clean-ups, etc.
 - Dryland: promote workout partners and hold team competitions to reach common goals
 - 24U/University students
 - Meals: plan for brunch or dinner together after practices, fitness tests, or regattas
 - Rookie event: host a special event for rookies to welcome them to the team (avoid hazing or events that promote negativity)
 - Non-dragon boat activities: host skate nights or similar activities outside of regular workouts to promote fun and team bonding

- Mentorship: encourage veterans to engage with rookies, make small group chats with a group leader to keep rookies informed and interested
- Philanthropic events: compete in team charity drives or activities
- Team fundraisers
- Post-season and holiday parties
- Social media: create a private, positive, and supportive group for the team, while keeping up with the latest social media trends to maintain engagement. Social media can be used for both internal and external communications and announcements. Celebrate holidays, birthdays, and milestones together.

7. Team Management Best Practices

Many aspects go into managing a team, a few of which are described here:

- Communication
 - Phone number for emergencies
 - Email for formal communications
 - Facebook/WhatsApp groups for informal announcements and chats
 - Language barrier: ensure that communications are going through and obtain translation help if necessary
 - Contact: ensure that emergency contact information is collected and that the coach is aware of any required medical information
- Fundraising
 - Raffles and auctions
 - Team bagging at supermarkets
 - Dragon boat orientation or initiation events for family and friends
 - Chocolate (or other) sales
 - Bake sales (samosa sales, frozen yoghurt sales, etc.)
 - Golf or volleyball tournaments or similar
 - Team volunteering at an event in exchange for sponsorship
 - BBQ or spaghetti dinners
 - Club nights (if age appropriate)
- Leadership: a strong leadership team will be important for a team's success. Leaders should be good role models, but also organized and committed to getting work done to run and maintain a team. Common roles include:
 - Team manager: lead administrative executive that ensures that all tasks are completed and that the team is running smoothly. The President will often be the spokesperson for the team and may support other executives.
 - Captain: often the same person as the President, though not always (such as in the case of a Junior team). The Captain is in charge of leading the team, especially during regattas and races, and motivates and inspires the rest of the team. They may often run warmups, guide and help other paddlers, and act as a role model and exemplary athlete for the team.
 - Finance: lead executive for finances, including developing the team budget, collecting and tracking team fees, and paying expenses.
 - Social: lead executive for planning team social activities, including meet-and-greets, recruiting events, holiday parties, celebrations, post-regatta dinners, etc.
 - Fundraising: lead executive for fundraising activities, which are especially important for youth teams to keep costs low.
- Waivers: waivers for an assumption of risk by participants should be standard practice, and should be signed by a guardian for minors.

8. Racing

The racing season is when the bulk of the action occurs. For youth teams, try not to overwhelm paddlers with races (~1/month). It is also recommended to set SMART team goals, which are Specific, Measurable, Achievable, Realistic, and Time Frame Stated (e.g. 500 m race result of 2:20 by June 30th). For race day:

- Boat practices
 - Ensure that guardian permission is obtained before practices commence for teams with minors
 - Book practices as soon as possible to ensure that your desired time slots are available, and that athletes know ahead of time when practices will be.
 - Communicate a clear weather policy (e.g. always assume practice is on, even if weather is questionable, unless there is a formal announcement)
 - PFDs are often required: ensure that policy regarding their removal is properly communicated (PFDs should always be worn for athletes that cannot swim) and that it is clear if inflatables are allowed to be worn
- Registration: ensure that registration is done ahead of time (most regattas will have early bird fees).
- Rosters and waivers: collect these documents ahead of time and ensure that any required guardian signatures are secured in the case of minors. Bring extras on race day in case and submit the completed documents to the race registration tent during the morning of race day.
- What to bring: team tents, chairs, paddles/life jackets (if not supplied), water, nutritious food, sunscreen, hat, racing uniform, dry clothes, towel, activities for between races (e.g. cards, frisbee).
- Team organization:
 - Arrival: ensure paddlers know when to arrive (1-1.5 h prior to the first race) and that they all have a method of transportation (carpool, shuttle, public transportation, etc.)
 - Tent: ensure the tent is set up and all equipment is stored properly; let paddlers know ahead of time where to meet.
 - Schedule: tell athletes when they need to warm up, be ready, and marshall; assign a paddler or assistant to lead warmups if necessary.
 - Debrief: ensure quick unloading of the boat after a race and have a debrief with athletes to break down the race and determine goals for the next race.
- Steer: ensure that you have a dedicated steer or a shared steer that knows when your team will be racing so they can be available.
- Social media: ensure all athletes have given permission for the use of their photos, including any required guardian consent.
- Chaperones: Junior teams will typically require chaperones, especially when travel is involved for the team (such as for national or international regattas). The standard ratio for chaperones to minors is 1:8.

9. Season Wrap-up and Transition

At the end of every season, it is recommended to provide closure for the team and to end on a positive note.

- End of season social: A party or dinner (e.g. backyard BBQ) can be a great way to celebrate a season with the team.
 - Provide closure: wrap up any remaining items (e.g. elections, announcement of new leadership team, provide awards for exemplary team members, recap the season and its highlights, and introduce the plan for the upcoming year).
 - Give thanks: thank all members that have been involved with the team, making special note of all those that have had extra roles. Thank the team for their hard work, and ensure that each person feels valued.
 - Athlete engagement: review the season highlights and entice athletes for the next season by announcing new goals and plans, with an emphasis on what's important to the team.
- Pre-season team meeting: a pre-season team meeting will help in planning and shaping the new season. Making sure that the team is on board with new goals and team decisions will help get buy-in and ensure that everybody is committed.
 - Future plans: this meeting would be a good opportunity to hear from athletes about their plans for returning to get an idea of numbers.
 - Goals: the team should weigh in on goals so that everybody is aligned and understands the team objectives
 - Training plan: this meeting is also a good opportunity to discuss training plans, to make sure that they are realistic and feasible for the team members.
- Transition: encourage athletes to take on new responsibilities, such as leadership roles, and to learn how to steer and coach, which can help build a sustainable network of qualified people to rely on, improving team robustness.

APPENDIX I - CHECKLIST

There is a lot of information to go through and quite a lot of work to be done to start a dragon boat team. To help clarify the essential steps, DBC recommends completing all of the following:

- Outline team objective(s)
- Register with a school/club
- Establish leadership team
- Find a coach
- Create team calendar
- Draft team budget
- Plan training program
- Book space at Club Days (if applicable)
- Book equipment/schedule practices
- Attend Club Days and recruit friends
- Host first practice
- Establish member communications
- Collect first installment of team fees
- Register for regattas
- Order team jerseys

These steps do not need to occur in this order. The sequence of these deliverables that makes the most sense will vary greatly from team to team depending on their unique situation.

APPENDIX II - Sample Code of Conduct

Pour bénéficier au maximum de la pratique de nos sports (bateau-dragon, OC1 et OC6), chaque membre du club doit avoir des attitudes et des comportements qui découlent de nos valeurs et de l'esprit sportif. De plus, le payeur ne doit jamais perdre de vue que même quand il s'agit d'une discipline sportive, le plaisir en fait aussi partie.

Afin de mieux encadrer la pratique de notre sport, chaque membre du club est tenu de respecter les points suivants qui constituent le code de conduite de notre club :

1. Utiliser un langage courtois et respectueux envers les administrateurs, les entraîneurs, les coéquipiers, les autres payeurs et les officiels.
2. Démontrer une présence assidue et de la ponctualité aux entraînements. Les entraîneurs pourront refuser l'accès sur l'eau à un athlète en cas de retard non justifié.
3. Adopter un bon comportement et une attitude positive en tout temps afin d'être un digne représentant de Phoenix CBD et de H2O.
4. Respecter les consignes de l'entraîneur et s'abstenir de tout comportement qui a pour effet de nuire aux autres payeurs et au bon déroulement des séances d'entraînement.
5. Respecter les décisions des officiels et autres bénévoles qui organisent les compétitions (seul l'entraîneur peut intervenir auprès des officiels en compétition).
6. Demeurer discret et respectueux envers les résultats, les performances et les situations personnelles des autres membres du club.
7. Chercher à s'améliorer et considérer le dépassement personnel et le travail d'équipe plus important que les résultats.
8. Respecter et maintenir en bon état le matériel et la propreté des lieux mis à la disposition des athlètes.
9. S'habiller convenablement en tout temps. Les t-shirts, des débardeurs ou les combinaisons intégrales doivent être portés en tout temps (à l'extérieur comme à l'intérieur du quartier des athlètes). Les maillots de bain, les sous-vêtements ou les torsos nus ne sont pas tolérés. Des chaussures appropriées doivent être portées en tout temps sur les lieux, y compris dans les hangars et sur les quais, afin d'éviter les blessures ou les glissades pendant le transport de l'équipement.
10. Ne pas se présenter à un entraînement, à une compétition, ou à toute fonction officielle, en état d'ébriété ou sous l'influence de drogues.
11. Reconnaître que le club a une politique de « tolérance zéro » en matière de discrimination basée sur le genre, l'orientation sexuelle, la race ou l'origine ethnique, la religion et tous les autres motifs discriminatoires mentionnés dans la Charte canadienne des droits et libertés de la personne, et/ou toute autre loi applicable de nature similaire;
12. S'abstenir de tout comportement qui constitue ou peut constituer du harcèlement, y compris toute forme de harcèlement sexuel et psychologique et toute autre forme de harcèlement interdite par les normes du travail et les lois sur les droits de la personne applicables.
13. S'abstenir de tout type d'inconduite sexuelle dans l'environnement sportif.
14. Se conformer en tout temps aux règlements, aux politiques, aux règles et aux réglementations de Phoenix CBD, tels qu'adoptés et modifiés de temps à autre, notamment en se conformant aux règles de santé et de sécurité et aux contrats ou

ententes conclus avec ou par Phoenix CBD. Ceci s'applique également aux politiques et règlements de la Société du Parc Jean-Drapeau (« SPJD »). Le non-respect de ces dispositions peut entraîner l'exclusion à vie des locaux, comme indiqué dans les politiques de la SPJD.

Les athlètes en entraînement sont censés :

- Se rendre à l'heure pour les entraînements;
- Respecter l'équipement;
- Coopérer avec tous les Membres de l'équipe pour préparer et retourner l'équipement;
- En cas de dommages matériels, informer les entraîneurs rapidement;
- Signaler tout problème de santé ou de condition physique en temps opportun lorsque de tels problèmes peuvent limiter la capacité de l'athlète à voyager, à s'entraîner ou à concourir;
- Être proactif en s'assurant que les conditions météorologiques sont appropriées et que l'équipement est sécuritaire avant de commencer l'entraînement et suivre les consignes de sécurité fournies par le personnel d'entraîneurs ou d'autres Membres du personnel de Phoenix CBD ou de H2O;
- Connaître et respecter leurs limites, en particulier pour les athlètes ayant une expérience limitée;
- Demander de l'aide et offrir de l'aide dans la mesure de leurs capacités lorsqu'un autre payeur éprouve des difficultés sur l'eau ou dans d'autres lieux d'entraînement (ex: chavirage, blessure, mauvais temps, etc.);
- Pour les athlètes ayant des problèmes de santé qui peuvent être déclenchés pendant l'entraînement (ex: asthme, allergies, etc.), s'assurer d'apporter les médicaments à chaque entraînement et en informer le personnel d'entraîneurs.

L'entraîneur doit :

1. Avoir, systématiquement, un comportement personnel et professionnelles à la hauteur et projeter une image positive du sport et de l'entraînement.
2. Respecter le Code de déontologie des entraîneurs d'Entraîneurs du Canada. L'équipe d'entraîneurs doit connaître et adhérer à ce code d'éthique. La relation entre l'athlète et l'entraîneur donne aux entraîneurs le pouvoir de jouer un rôle d'influence dans le développement personnel et sportif de leurs athlètes. Les entraîneurs doivent utiliser ce pouvoir avec prudence et ne pas en abuser.
3. Assurer un environnement d'entraînement sécuritaire en sélectionnant des activités adaptées à l'âge, aux capacités d'expérience et aux niveaux de forme physique des athlètes.
4. Être attentif à la sécurité des athlètes sous leur direction en tout temps et respecter les règles de sécurité en vigueur sur les sites d'entraînement et de compétition.
5. Éduquer les athlètes sur les dangers des drogues et des substances améliorant la performance.
6. Veiller à ce que les athlètes soient informés des détails du processus de sélection de l'équipe.
7. Respecter les règles et les protocoles de compétition de la course et faire preuve d'un bon esprit sportif et encourager activement les athlètes à le faire.

8. Considérez la santé et le bien-être des athlètes comme des éléments primordiaux lors de la prise de décisions concernant la capacité d'un athlète blessé à poursuivre l'entraînement ou la compétition.
9. Donner des commentaires directs ou des critiques constructives qui se concentrent sur la performance plutôt que sur l'athlète personnellement.
10. Respecter la confidentialité des informations médicales d'un athlète et s'abstenir de les divulguer ou d'en discuter avec toute personne ou entité autre que l'athlète, ses conseillers en santé et son personnel d'entraîneurs, sans le consentement exprès et/ou implicite de l'athlète.
11. Tenir compte des pressions académiques exercées sur les étudiants-athlètes et organiser des entraînements et des événements d'une manière qui favorise la réussite scolaire.
12. S'abstenir de tout comportement ou conduite qui abuse du pouvoir inhérent au poste d'entraîneur.

De plus, de façon générale les athlètes sont informés que :

1. L'usage d'un téléphone cellulaire, d'un appareil photo ou d'une caméra vidéo est strictement interdit dans les vestiaires ou lors de la pratique de notre sport.
2. L'École de technologie supérieure interdit toute forme d'initiation qui manquerait de respect à l'intégrité morale ou physique des individus.
3. Le port des vêtements à l'effigie de l'équipe est obligatoire pour toutes les compétitions. Les entraîneurs aviseront, si nécessaire, les athlètes du code vestimentaire requis pour chaque compétition.