



Effective: November 2016

Policy Document: Lights out

When staying in shared accommodation there will be clear guidelines after “lights out”. This is to ensure that the athletes get enough sleep to perform safely and at their highest level of performance, and that there are no unsupervised inappropriate or unsafe activities:

1. The coach or parent will determine the bedtime and will give time for reading in bed before “lights out”.
2. Once the coach or parent has given the “lights out”, there will be no noise or moving around the room or condo.
3. If an athlete does not respect the expectations, then the athlete will be pulled from training/competing the following day and depending on the level of disrespect may be sent home and suspended from further team activities.

This policy is being written so that there are clear boundaries that are well communicated to ensure that there is a minimum of behavior management and punishment, and to prevent unsafe and inappropriate interactions.