1. Don't be a dick.

Respect Teammates and Opponents: Treat everyone on and off the ice with respect, regardless of their skill level, background, or opinions. Harassment, discrimination, or bullying of any kind will not be tolerated. If you feel this has taken place, please contact the team committee.

2. No really, don't be a dick.

Positive Attitude: Bring a positive attitude to practices, games, and team events. Encourage teammates and focus on helping each other and building team morale, even during challenging times. Whether we win or lose, do it with respect for yourself, your team and your opponents, even if they don't extend the same courtesy.

3. No team has ever beaten the Refs.

Fair Play and Sportsmanship: Play by the rules of the game and demonstrate sportsmanship at all times. Avoid retaliatory actions, and respect the decisions made by referees.

- 4. Inappropriate Locker Room Banter: Locker room discussions should be kept respectful and inclusive. Avoid any talk or jokes that are sexist, racist, homophobic, or otherwise inappropriate. Everyone should feel comfortable and safe in the team environment.
- **5. Accountability and Responsibility**: Take responsibility for your actions both on and off the ice. Show up to training and games on time, and give your best effort. If you make a mistake, own it and work to improve. If a teammate makes a mistake, don't berate them, pick them up and encourage them.
- **6. Inclusivity**: Embrace diversity within the team. All players, regardless of gender, race, ethnicity, sexual orientation, neuro divergence or ability, should feel valued and included both on and off the ice.
- 7. Conflict Resolution: Handle conflicts calmly and constructively. If an issue arises with a teammate or coach, try to address it privately and respectfully if you can. Though if you rather, reach out to committee members and they will address it.
- **8. Communication**: Maintain open and honest communication with coaches, teammates, and team leadership. We all want to enjoy our time on the ice and to improve, if you have any ideas for improvement, they are welcome.

- **9. Etiquette:** We are not a one-person team. Help out where you can. Put the nets out, collect the pucks and nets in. Don't dick about between drills. Listen when captains and teammates are talking.
- **10. Commitment to Team Goals**: Let's prioritise team goals over individual achievements. Support your teammates in reaching collective objectives, and contribute to a positive and unified team culture. We pride ourselves on being an welcoming and honest team, let's demonstrate that.