



BUILDING A SAFE, INCLUSIVE SPORT ENVIRONMENT

This handbook is intended to provide guidelines for all members of Cascades Athletics, including student-athletes, staff, coaches, and volunteers.

UFV Athletics and Campus Recreation believes that everyone has the right to enjoy sport, and that quality sport enriches the lives of all involved. Student-athletes, staff, coaches, officials and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

UFV Athletics and Campus Recreation is determined to maintain a culture that prioritizes the safety and wellbeing of participants. We strongly encourage all Cascades to read the following document, along with the linked UFV and sport organization policy files, and adhere to all guidelines as we seek to build a safe and healthy sport community.

COMMUNICATION IS KEY

At UFV Athletics, we value clear communication, and we will strive for that in all our relationships.

To that end, every Cascade will engage in regular, periodic goal-setting and evaluations.

Student-athletes will meet with coaches early in the season to develop academic and sport-related goals for the year. These goals will be revisited during regular one-on-one meetings, and coaches will complete a written evaluation of each athlete prior to the end of the winter term. Staff members will conduct the same process with the Athletic Director.



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