

2027 Canada Winter Games
Table Tennis North - July 11, 2026

"The strength of Team NT is not measured by medals alone, but by the respect we show, the friendships we build, and the pride with which we represent the Northwest Territories."

Welcome to the Team NT Table Tennis Handbook. This handbook has been developed by Table Tennis North to provide athletes, parents and guardians, coaches, managers, officials, and volunteers with a clear understanding of what it means to be part of Team NT Table Tennis.

Whether you are considering trying out for Team NT, have recently been selected, or are supporting an athlete through their journey, this handbook outlines the expectations, responsibilities, and values that guide our program.

Representing the Northwest Territories is both an honour and a responsibility. Every Team NT athlete and staff member plays an important role in creating a safe, respectful, inclusive, and high-performing environment where everyone has the opportunity to learn, grow, and succeed.

This handbook supports Table Tennis North's commitment to athlete development, Safe Sport, and good governance. It complements the Table Tennis North Sport Integrity Policy Suite, Team NT policies, Games Technical Packages, Host Society rules, and all other applicable policies and procedures. Where this handbook is silent, participants are expected to follow those governing documents.

The Team NT program is about much more than winning matches or medals. It is about representing your community and the Northwest Territories with integrity, building lifelong friendships, developing leadership skills, and creating experiences that extend far beyond competition.

We encourage all athletes, parents, guardians, coaches, and volunteers to read this handbook before participating in Team NT activities. By understanding our shared expectations from the beginning, we can work together to create a positive experience for everyone involved.

Welcome to Team NT Table Tennis. Together, we compete with integrity, support one another, and proudly represent the Northwest Territories.

About Table Tennis North

Table Tennis North is the Territorial Sport Organization (TSO) responsible for the promotion, development, and governance of Table Tennis in the Northwest Territories.

Working alongside clubs, schools, communities, coaches, officials, volunteers, and partners, we create opportunities for people of all ages and abilities to participate in Table Tennis, from first-time players to athletes representing the Northwest Territories on the national and international stage.

Our programs are built on the belief that sport develops more than athletic ability. Through Table Tennis, we help participants build confidence, leadership, resilience, friendships, and lifelong healthy habits.

Our Mission

To support, promote, and develop a safe, inclusive, healthy, and enjoyable Table Tennis environment throughout the Northwest Territories while providing opportunities for lifelong participation and excellence.

Our Vision

To inspire positive life experiences through Table Tennis by creating opportunities for every Northerner to learn, participate, compete, and succeed.

We strive to:

- Develop athletes, coaches, officials, and volunteers.
- Build strong clubs and community programs.
- Provide meaningful opportunities for lifelong participation.
- Support excellence from grassroots to high performance.
- Foster safe, welcoming, and inclusive environments.
- Increase access to table tennis across the Northwest Territories.

Our Values

Everything we do is guided by the following values:

- Respect - We treat everyone with dignity, fairness, and kindness.
- Integrity - We act honestly, ethically, and responsibly.

- Inclusion - Everyone deserves the opportunity to participate and belong.
- Excellence - We encourage every participant to achieve their personal best.
- Teamwork - We work together to support one another and strengthen our communities.
- Leadership - We lead by example both on and off the table.
- Community - We believe Table Tennis has the power to bring people together.
- Fun - Enjoyment is at the heart of lifelong participation in sport.

Team NT Table Tennis

Team NT Table Tennis represents the Northwest Territories at major national and international multi-sport events, including:

- Canada Winter Games
- Arctic Winter Games
- Canadian Table Tennis Championships
- Western Canadian Table Tennis Championships
- Other events approved by Table Tennis North

Athletes and staff are selected through transparent selection policies approved by the Table Tennis North Board of Directors. Selection is based on published criteria and is intended to identify individuals who demonstrate the skills, commitment, and character necessary to represent the Northwest Territories.

Representing Team NT is a privilege. Every athlete, coach, manager, official, and volunteer is expected to uphold the values of Table Tennis North while serving as ambassadors for their communities and the Northwest Territories.

Our Athlete Development Pathway

Table Tennis North supports athlete development through a progressive pathway that encourages participation, learning, and excellence at every stage.

Play → Learn → Compete → Represent → Lead

The pathway includes opportunities such as:

- School and community programs
- Local clubs
- Regional and territorial tournaments
- Coach and official education
- Team NT development camps

- Territorial Championships
- Canadian Championships
- Western Canadian Championships
- Arctic Winter Games
- Canada Winter Games

Every Team NT athlete is encouraged to continue developing not only as a player, but also as a leader, official, coach, volunteer, and ambassador for the sport.

Beyond the Table

At Table Tennis North, we believe that representing Team NT means more than competing. We encourage every athlete to become a well-rounded ambassador for the sport by learning about coaching, officiating, leadership, Safe Sport, and community service.

Selection to Team NT

Being selected to Team NT Table Tennis is both an honour and a responsibility.

Selection recognizes an athlete's commitment to training, competition, personal development, and sportsmanship. It reflects the confidence that Table Tennis North has in an athlete's ability to represent the Northwest Territories with pride, integrity, and respect.

Selection is never guaranteed from one season to the next. Every Team NT program begins with a new selection process based on the published selection criteria for that event.

Athletes are selected not only for their playing ability, but also for their attitude, commitment, teamwork, and ability to contribute positively to the Team NT environment.

Representing the Northwest Territories

When you wear the Team NT uniform, you become an ambassador for:

- Yourself
- Your family
- Your community
- Your club
- Table Tennis North
- The Northwest Territories

Your actions, both on and off the table, help shape how others see our team and our territory. Whether competing, travelling, attending ceremonies, staying in hotels, or interacting on social media, every athlete is expected to demonstrate the values of Table Tennis North.

Responsibilities of a Team NT Athlete

Every Team NT athlete is expected to:

- Represent the Northwest Territories with pride.
- Demonstrate respect, integrity, and good sportsmanship.
- Support teammates and contribute to a positive team environment.
- Attend required training camps, meetings, competitions, and team activities.
- Follow the direction of Team NT coaches and staff.
- Respect opponents, officials, volunteers, organizers, and spectators.
- Comply with all Table Tennis North, Team NT, Host Society, and Games policies.
- Communicate honestly and respectfully with coaches and team staff.
- Help create a safe, welcoming, and inclusive environment for everyone.

Team First

Table Tennis may be played as an individual sport, but Team NT succeeds by working together. Every athlete has a responsibility to contribute to the team's success by encouraging teammates, celebrating each other's achievements, and supporting one another through both victories and challenges. A positive team culture is created by everyone, not just coaches and team leaders.

Being a Positive Role Model

Every Team NT athlete has the opportunity to make a positive difference through their everyday actions.

Being a positive role model means:

- Arriving prepared and on time.
- Treating others with respect and kindness.
- Leading through your actions.
- Supporting and encouraging teammates.
- Taking responsibility for your actions.
- Demonstrating resilience and a positive attitude.
- Representing Team NT and the Northwest Territories with pride.

Being a positive role model is not defined by age, experience, or competition results. Every athlete can contribute to creating a team environment where everyone feels welcome, supported, and inspired to do their best.

Selection Does Not End With the Team Announcement

Selection marks the beginning of your Team NT journey, not the end.

Athletes are expected to continue developing throughout the program by:

- Attending training camps and team activities.
- Continuing to improve their technical, tactical, physical, and mental skills.
- Completing assigned learning opportunities, including officiating and leadership development where applicable.
- Maintaining the standards expected of Team NT athletes until the conclusion of the event.

Selection may be reviewed if an athlete no longer meets the expectations outlined in the published selection policy, this handbook, or the Table Tennis North Sport Integrity Policy Suite.

Team Expectations

Attendance

Athletes are expected to attend all scheduled Team NT activities, including training sessions, meetings, competitions, ceremonies, travel, and team functions, unless excused by Team Staff.

If an athlete is unable to attend an activity, they are expected to notify a coach or Team Staff member as early as possible. Being present demonstrates commitment to your teammates and contributes to the success of the entire team.

Preparation & Effort

Athletes are expected to:

- Arrive on time and prepared.
- Bring all required equipment.
- Give their best effort during training and competition.
- Maintain a positive attitude.
- Be willing to learn and improve.

Every practice, meeting, and competition is an opportunity to grow.

Respect

Respect is one of the core values of Table Tennis North. Athletes are expected to treat everyone with dignity and respect, including:

- teammates
- coaches
- officials
- volunteers
- opponents
- event staff
- hotel staff
- spectators
- members of the public

Bullying, discrimination, harassment, or abusive behaviour will not be tolerated.

Communication

Positive communication helps create a successful team environment. Athletes are expected to:

- communicate respectfully
- ask questions when unsure
- notify coaches if they are sick, injured, or unable to participate
- listen respectfully when others are speaking
- accept feedback positively

Concerns should be raised respectfully and through the appropriate channels.

Sportsmanship

Team NT athletes compete with integrity. Athletes are expected to:

- respect officials' decisions
- compete fairly
- congratulate opponents
- support teammates
- win with humility
- lose with dignity

Good sportsmanship reflects positively on both the athlete and the Northwest Territories.

Living Our Values

The expectations outlined in this handbook extend beyond training sessions and competition.

Athletes are expected to demonstrate the values of Table Tennis North wherever they represent Team NT, including:

- training camps
- tournaments
- hotels
- airports
- restaurants
- ceremonies
- community events
- online and on social media

Representing Team NT means representing the Northwest Territories at all times during the program.

Mistakes Are Opportunities to Learn

Everyone makes mistakes. Team NT Table Tennis recognizes that athletes are developing both as players and as people. When expectations are not met, our first goal is to educate, support, and help athletes learn from the experience.

Athletes are encouraged to take responsibility for their actions, reflect on their decisions, and work with coaches and staff to strengthen the team environment.

Team Travel

Travelling with Team NT is an exciting opportunity and an important part of representing the Northwest Territories.

Whether travelling to a regional camp, Canadian Championships, Western Championships, Arctic Winter Games, Canada Winter Games, or another sanctioned event, athletes are expected to conduct themselves with maturity, respect, and professionalism at all times.

During Team NT travel, athletes represent themselves, their families, their communities, Table Tennis North, Team NT, and the Northwest Territories.

This section complements the travel expectations established by Team NT, Sport North, Host Societies, and the organizing committee for each event. Where additional policies or procedures apply, participants are expected to follow those requirements.

Travelling as a Team

Team NT travels together whenever possible.

Athletes are expected to:

- Arrive on time for all departures.
- Follow the directions of Team Staff.
- Remain with the group unless permission has been granted.
- Be prepared with all required travel documents, identification, and personal belongings.
- Respect airline, airport, and transportation staff.

Travelling together helps ensure everyone's safety and contributes to a positive team experience.

Team Uniform

The Team NT uniform represents the Northwest Territories.

Athletes are expected to:

- Wear Team NT apparel when requested.
- Wear the official competition uniform during matches.

- Keep uniforms clean and presentable.
- Represent Team NT with pride and professionalism.

The Team NT uniform should always be worn respectfully.

Accommodations

Athletes are expected to respect all accommodations provided during Team NT events.

This includes:

- Keeping rooms clean and organized.
- Respecting roommates and shared spaces.
- Following quiet hours.
- Respecting hotel staff and property.
- Reporting any damage or concerns immediately.

Athletes may not change rooms or invite others into their room without approval from Team Staff.

Curfew

Curfew is established to support athlete health, recovery, and preparation for competition.

Athletes are expected to:

- Be in their assigned room by the designated curfew.
- Remain in their room after curfew unless authorized by Team Staff.
- Respect roommates and allow everyone the opportunity to rest.

Failure to follow curfew may result in disciplinary action.

Meals and Nutrition

Team meals are an important part of the Team NT experience.

Athletes are expected to:

- Attend scheduled meals unless excused.
- Make healthy food choices that support performance.

- Stay hydrated throughout the event.
- Respect dining staff and facilities.
- Be mindful that teammates may have allergies, dietary restrictions, or cultural food preferences.

Transportation

Whether travelling by bus, van, airplane, or other transportation, athletes are expected to:

- Arrive on time.
- Follow staff instructions.
- Wear seatbelts whenever available.
- Respect drivers, vehicles, and fellow passengers.
- Help keep transportation clean.

Ceremonies and Official Functions

Participation in Opening Ceremonies, Closing Ceremonies, medal presentations, team meetings, and official Team NT functions is an important part of representing the Northwest Territories. Unless excused by Team Staff, athletes are expected to attend all required functions and participate respectfully.

These events celebrate the accomplishments of all athletes and demonstrate pride in representing the Northwest Territories.

Free Time

When free time is scheduled, athletes remain ambassadors for Team NT.

Athletes are expected to:

- Follow all instructions provided by Team Staff.
- Stay within approved areas.
- Travel in groups when required.
- Respect curfews and return times.
- Communicate with Team Staff if plans change.

Athletes should never leave approved areas without permission.

Looking After Yourself and Others

Every Team NT athlete shares responsibility for creating a safe environment.

Athletes are encouraged to:

- Look after one another.
- Tell a coach or Team Staff member if someone needs assistance.
- Report unsafe situations immediately.
- Ask for help whenever needed.

Looking after one another is part of being a good teammate.

Medical Information

Athletes should immediately notify Team Staff if they:

- Become injured.
- Feel ill.
- Experience concussion symptoms.
- Require medication or medical assistance.
- Have concerns about their physical or mental well-being.

Early communication allows Team Staff to provide appropriate support and care.

Representing Team NT Everywhere

Being part of Team NT extends beyond the competition venue.

Athletes are expected to represent the Northwest Territories positively in:

- Hotels
- Restaurants
- Airports
- Shopping areas
- Competition venues
- Community events
- Social media
- Any public setting

Every interaction contributes to the reputation of Team NT and Table Tennis North.

Competition Expectations

Representing Team NT means competing with integrity, respect, and pride. Every athlete is expected to prepare thoroughly, compete to the best of their ability, and demonstrate sportsmanship throughout the competition.

Success is measured not only by results, but also by effort, attitude, preparation, and how we represent the Northwest Territories.

Match Preparation

Athletes are responsible for arriving prepared for every practice and competition.

Athletes are expected to:

- Arrive at the venue on time.
- Be physically and mentally prepared to compete.
- Bring all required equipment.
- Follow the daily schedule provided by Team Staff.
- Participate in warm-up activities unless excused due to injury or illness.
- Notify a coach immediately if they are feeling unwell or unable to compete.

Preparation begins long before the first point is played.

Warm-Up

Warm-up is an important part of injury prevention and competition preparation.

Athletes are expected to:

- Participate in team warm-up activities.
- Complete any individual warm-up routines recommended by Team Staff.
- Respect the warm-up space and other athletes.
- Be ready to begin competition when called.

During Competition

Every athlete is expected to:

- Give their best effort in every match.
- Compete fairly and honestly.
- Maintain a positive attitude.
- Stay focused regardless of the score.

- Respect the rules of the game.
- Demonstrate resilience during challenging moments.

Every match is an opportunity to learn and improve.

Coaching

Team NT coaches are there to support athletes before, during, and after competition.

Athletes are expected to:

- Listen respectfully during coaching.
- Ask questions when clarification is needed.
- Be open to feedback.
- Trust the coaching process.
- Support coaching decisions made in the best interests of the team.

Constructive communication between athletes and coaches is encouraged throughout the event.

Respect for Officials

Officials play an essential role in ensuring fair competition.

Athletes are expected to:

- Treat all officials with courtesy and respect.
- Accept decisions without arguing or showing disrespect.
- Address questions through the appropriate process when necessary.
- Thank officials at the conclusion of matches whenever appropriate.

Every Team NT athlete is required to complete the Table Tennis Canada Club Umpire Certification. Understanding the role of officials helps athletes gain a greater appreciation for the rules of the game and contributes to fair play and respect for competition.

Equipment

Athletes are responsible for ensuring their equipment meets competition requirements.

Athletes should:

- Bring approved rackets and equipment.

- Check equipment before competition.
- Care for Team NT equipment.
- Report damaged or missing equipment to Team Staff.

Team Uniform

The Team NT uniform is an important symbol of the Northwest Territories.

Athletes are expected to:

- Wear the official Team NT competition uniform during matches.
- Wear Team NT apparel when requested during ceremonies and official functions.
- Present themselves in a clean, respectful, and professional manner.

The Team NT uniform should always be worn with pride.

Sportsmanship

Sportsmanship is one of the foundations of Team NT Table Tennis.

Athletes are expected to:

- Respect opponents before, during, and after every match.
- Shake hands or follow the accepted Table Tennis protocol at the conclusion of each match.
- Win with humility.
- Accept defeat with dignity.
- Congratulate opponents on strong performances.
- Encourage teammates throughout the competition.
- Demonstrate self-control and respect, even during difficult moments.

How we compete is just as important as the final result.

Supporting Your Teammates

Although table tennis includes individual events, Team NT succeeds by supporting one another.

Athletes are encouraged to:

- Watch teammates whenever possible.
- Cheer positively and respectfully.
- Celebrate everyone's successes.

- Encourage teammates during challenging moments.
- Help create a welcoming and supportive team environment.

A strong team culture is built through encouragement, respect, and shared experiences.

Learning Through Competition

Competition is an important part of athlete development.

Every match, whether won or lost, provides an opportunity to:

- Learn.
- Improve.
- Build confidence.
- Develop resilience.
- Strengthen sportsmanship.
- Represent the Northwest Territories with pride.

The goal of Team NT is not only to achieve competitive success, but also to help athletes grow as players, teammates, and ambassadors for Table Tennis.

Reflection

At the conclusion of each competition, athletes are encouraged to reflect on their experience by asking themselves:

- What did I do well?
- What did I learn?
- What can I improve?
- How did I support my teammates?
- How did I represent Team NT?

Growth comes from learning, and every competition provides an opportunity to become a better athlete, teammate, and person.

Athlete Development

At Table Tennis North, we believe that athlete development extends far beyond competition results.

Our goal is to develop well-rounded individuals who not only strive to become better players, but also contribute positively to their communities and the continued growth of table tennis throughout the Northwest Territories.

Every Team NT athlete is encouraged to embrace opportunities to learn, lead through their actions, support others, and give back to the sport.

Long-Term Athlete Development

Athlete development is a continuous journey.

Throughout the Team NT program, athletes are encouraged to develop:

- Technical skills
- Tactical understanding
- Physical fitness
- Mental performance
- Sportsmanship
- Leadership through positive actions
- Communication skills
- Confidence and resilience

Every experience, whether at training, competition, or in the community, contributes to becoming a stronger athlete and person.

Understanding the Sport

Great athletes understand more than just how to play.

Team NT athletes are encouraged to learn:

- The rules of table tennis.
- The responsibilities of officials.
- Competition procedures.
- Fair play and sportsmanship.
- The importance of integrity in sport.

Understanding every aspect of the game helps athletes become more respectful competitors and stronger ambassadors for the sport.

Club Umpire Certification

Table Tennis North believes that every athlete benefits from understanding the game from an official's perspective.

Whenever reasonably possible, every Team NT Table Tennis athlete is expected to successfully complete the Table Tennis Canada Club Umpire Certification prior to attending a major Games.

Learning to officiate helps athletes:

- Better understand the rules.
- Develop respect for officials.
- Improve decision-making during competition.
- Increase confidence.
- Support tournaments within their communities.
- Contribute to the growth of table tennis across the Northwest Territories.

Athletes are encouraged to continue their officiating pathway beyond the Club Umpire level whenever opportunities arise.

Giving Back

Being a Team NT athlete means contributing to the future of the sport.

Athletes are encouraged to:

- Support younger players.
- Volunteer at local tournaments.
- Assist at school and community programs.
- Encourage new participants.
- Share their experiences with others.
- Help create welcoming environments for future athletes.

Small acts of encouragement can inspire the next generation of Team NT athletes.

Lifelong Learning

Table Tennis is a lifelong sport.

Athletes are encouraged to continue learning throughout their journey by participating in:

- Team NT development camps.

- Training opportunities.
- Webinars and educational sessions.
- Coach and official education.
- Leadership opportunities.
- Community events.

Learning never stops, regardless of age or experience.

Beyond the Athlete

Many of today's coaches, officials, volunteers, and administrators were once Team NT athletes.

Table Tennis North encourages every athlete to explore opportunities beyond competition and consider becoming a:

- Coach
- Official
- Volunteer
- Mentor
- Event organizer
- Community leader
- Board member

The future of Table Tennis in the Northwest Territories depends on people who are willing to give back to the sport that has supported them.

The Team NT Journey

Representing Team NT is not the destination, it is one step in a lifelong journey.

Whether your future includes additional Games, coaching, officiating, volunteering, or simply enjoying Table Tennis with family and friends, every experience helps strengthen both the individual and the Table Tennis community.

We hope every Team NT athlete leaves the program not only as a better player, but also as a better teammate, role model, and ambassador for the Northwest Territories.

Safe Sport

Table Tennis North is committed to providing a safe, welcoming, inclusive, and respectful environment for everyone participating in our programs.

Every athlete, coach, official, volunteer, parent, and spectator has the right to participate in an environment that is free from abuse, harassment, discrimination, bullying, neglect, retaliation, and other forms of maltreatment.

Safe Sport is a shared responsibility. Every member of Team NT plays an important role in creating a positive experience where everyone feels respected, valued, and supported.

Our Commitment

Table Tennis North is committed to:

- Providing a safe and inclusive sport environment.
- Promoting respect and dignity for all participants.
- Supporting athlete well-being.
- Preventing maltreatment through education and awareness.
- Responding appropriately to concerns and complaints.
- Following the principles of fairness, accountability, and transparency.

Your Responsibilities

As a member of Team NT, you are expected to:

- Treat everyone with respect.
- Help create an inclusive team environment.
- Follow the Table Tennis North Code of Conduct and Ethics.
- Respect personal boundaries.
- Support teammates and fellow participants.
- Speak up if something does not feel right.
- Report concerns when appropriate.

Every person contributes to creating a safe sport environment.

Rule of Two

Whenever reasonably possible, Table Tennis North follows the Rule of Two, meaning that interactions between athletes and coaches should occur in an open, observable, and justifiable environment.

The Rule of Two helps protect both athletes and coaches while promoting safe and appropriate relationships.

Reporting Concerns

If you experience or witness behaviour that concerns you, we encourage you to report it as soon as possible.

Depending on the situation, concerns may be reported to:

- A Team NT coach or manager.
- A designated Table Tennis North representative.
- The Table Tennis North Safe Sport Officer.
- The appropriate independent reporting process, where applicable.

No participant will be penalized for making a report in good faith.

Concussions and Medical Safety

The health and safety of athletes is always the priority.

Athletes are expected to immediately report:

- Injuries.
- Illness.
- Concussion symptoms.
- Mental health concerns.
- Any medical issue that may affect participation.

Athletes must follow all return-to-play requirements before returning to competition.

Learn More

This handbook provides an overview of Table Tennis North's commitment to Safe Sport.

All Team NT participants are expected to read and follow the Table Tennis North Sport Integrity Policy Suite, including but not limited to:

- Code of Conduct and Ethics
- Universal Code of Conduct to Prevent and Address Maltreatment in Sport (where applicable)
- Screening Policy
- Discipline and Complaints Policy
- Appeal Policy
- Social Media Policy
- Concussion Policy
- Athlete Protection Policy
- Conflict of Interest Policy
- Privacy Policy

These policies work together to ensure that all participants can enjoy Table Tennis in a safe, respectful, and positive environment.

Our Commitment to One Another

Safe Sport is more than a set of policies, it is a commitment to how we treat one another every day.

By working together with respect, integrity, kindness, and accountability, we help create an environment where every athlete has the opportunity to learn, compete, and enjoy the sport of Table Tennis.

Social Media

Social media is an important way to celebrate achievements, share experiences, and promote Table Tennis throughout the Northwest Territories.

As a member of Team NT Table Tennis, your online presence reflects not only on you, but also on your teammates, Table Tennis North, Team NT, your community, and the Northwest Territories.

We encourage athletes to share their journey while doing so in a respectful, responsible, and positive manner.

Positive Representation

Athletes are encouraged to use social media to:

- Celebrate personal and team achievements.
- Recognize teammates, coaches, officials, volunteers, and supporters.
- Share positive experiences from training and competition.
- Promote table tennis and encourage participation.
- Represent the Northwest Territories with pride.

Remember that your words and actions online become part of your digital footprint.

Respect

Athletes are expected to:

- Treat others with respect.
- Avoid offensive, discriminatory, or abusive language.
- Avoid posting comments that could embarrass, intimidate, or harm another person.
- Refrain from criticizing teammates, opponents, coaches, officials, volunteers, or event organizers publicly.
- Resolve concerns through the appropriate communication channels rather than through social media.

Respect online should reflect the same respect expected in person.

Photos and Videos

Capturing memories is an important part of the Team NT experience.

Athletes should:

- Respect the privacy of teammates and others when taking or sharing photos and videos.
- Obtain permission before sharing images that focus on another individual whenever reasonably possible.
- Follow any photography or media guidelines established by Team NT, the Host Society, or the event organizer.
- Be mindful that some participants may not wish to appear on social media.

Privacy and Confidentiality

Athletes are expected to protect the privacy of others.

Do not share:

- Personal contact information.
- Medical information.
- Team meetings or confidential discussions.
- Selection discussions or evaluations.
- Private conversations without permission.

Respecting privacy helps build trust within the team.

Before You Post

Before posting, ask yourself:

- Is it respectful?
- Is it accurate?
- Would I be comfortable if my coach, parents, teammates, or future employer saw it?
- Does it positively represent Team NT and the Northwest Territories?

Using Social Media During Events

During Team NT activities, athletes are encouraged to:

- Be present and engaged with teammates.
- Follow Team Staff instructions regarding phone and device use.
- Avoid allowing social media to interfere with training, competition, meetings, meals, or team activities.

The Team NT experience is best enjoyed by participating fully in the moment.

Building a Positive Community

Social media has the power to inspire others.

By sharing positive stories, encouraging fellow athletes, recognizing volunteers, and celebrating the successes of others, Team NT athletes help strengthen the table tennis community across the Northwest Territories.

Together, we can use social media to promote respect, inclusion, sportsmanship, and a lifelong love of sport.

Hotels and Athlete Village

Whether staying in a hotel, residence, dormitory, or Athlete Village, Team NT athletes are expected to conduct themselves in a respectful, responsible, and considerate manner.

The accommodations provided during Team NT events are temporary homes for athletes, coaches, officials, and volunteers. Every athlete shares responsibility for creating a safe, comfortable, and positive environment for everyone.

Respect Your Roommates

Living with teammates is an important part of the Team NT experience.

Athletes are expected to:

- Treat roommates with kindness and respect.
- Respect personal space and belongings.
- Keep noise to an appropriate level.
- Be considerate of different routines and sleeping schedules.
- Work together to keep the room clean and organized.
- Resolve minor disagreements respectfully and seek help from Team Staff if needed.

Learning to live together respectfully is part of being a successful teammate.

Curfew and Quiet Hours

Curfew is an important part of every Team NT event. It is designed to support athlete health, recovery, safety, and preparation for training and competition.

Getting enough rest helps athletes recover physically and mentally, reduces the risk of injury, and ensures everyone is ready to perform at their best the following day.

Curfew also allows Team Staff to fulfill their duty of care by knowing that all athletes are safe and accounted for.

Athletes are expected to:

- Be in their assigned room by the designated curfew time.
- Remain in their room after curfew unless permission has been granted by Team Staff.
- Respect roommates and allow everyone the opportunity to rest.
- Keep noise to an appropriate level after curfew.

- Follow any additional curfew procedures established by Team Staff or the Host Society.

Why Curfew Matters

Curfew is about more than simply going to bed on time. It helps ensure:

- Athlete health and recovery.
- Personal safety and well-being.
- Respect for teammates and roommates.
- Preparation for training and competition.
- Accountability throughout the event.
- A positive and supportive team environment.

When everyone follows the same expectations, the entire team benefits.

Communication - If an athlete is unable to meet curfew due to an emergency or unforeseen circumstance, they must contact a Team Staff member immediately. Open and honest communication allows Team Staff to respond appropriately and ensure the safety of everyone involved.

Accountability - Athletes are expected to follow curfew throughout all Team NT activities. Failure to follow curfew may result in disciplinary action in accordance with the Table Tennis North Sport Integrity Policy Suite, the Team NT Code of Conduct, and any applicable Games or Host Society policies.

Room Assignments

Room assignments are made by Team Staff after considering a variety of factors, including athlete well-being, supervision, team dynamics, and logistics.

Athletes are expected to:

- Stay in their assigned room.
- Not switch rooms without approval from Team Staff.
- Not invite others into their room without permission.
- Respect the privacy of teammates.

Any concerns regarding room assignments should be discussed with Team Staff.

Respect the Facility

Athletes are guests of the hotel, residence, or Athlete Village.

Athletes are expected to:

- Respect hotel and facility staff.
- Follow all facility rules.
- Keep rooms and common areas clean.
- Dispose of garbage properly.
- Report damage or maintenance concerns immediately.
- Treat the property as if it were their own.

Intentional damage to accommodations may result in disciplinary action and financial responsibility.

Leaving the Accommodation

Athlete safety is always the priority.

Athletes must not leave the hotel, residence, or Athlete Village without the knowledge and approval of Team Staff.

When permission is granted, athletes may be required to:

- Travel with teammates.
- Stay within approved areas.
- Return at the agreed-upon time.
- Carry emergency contact information.

Team Staff should always know where athletes are during Team NT activities.

Visitors

To ensure the safety, privacy, and well-being of all participants:

- Visitors are not permitted in athlete rooms unless approved by Team Staff.
- Athletes should respect the privacy of other participants staying at the accommodation.
- Team Staff may establish additional guidelines based on the event or Host Society requirements.

Looking After One Another

Being a good teammate means looking out for each other.

If you notice that a teammate:

- Is feeling unwell.
- Appears upset or distressed.
- Is missing from the group.
- Is behaving unsafely.
- May need assistance.

Please notify a Team Staff member immediately. Looking after one another is part of being a member of Team NT.

Representing Team NT

Remember that your behaviour in accommodations reflects on Team NT and the Northwest Territories. Athletes are expected to demonstrate the same respect, integrity, and professionalism in hotels and Athlete Villages as they do in competition.

Every interaction with roommates, Team Staff, hotel employees, volunteers, and other participants contributes to the reputation of Team NT.

Communication

Open, honest, and respectful communication is essential to creating a safe, supportive, and successful Team NT environment.

Team Staff are there to support athletes throughout their Team NT journey. Athletes are encouraged to ask questions, share concerns, and communicate openly whenever they need assistance.

Good communication helps prevent small issues from becoming bigger problems.

Talk to Your Coach or Team Staff

Athletes should speak with a coach or another Team Staff member as soon as possible if they:

- Feel sick or unwell.
- Become injured or believe they may have a concussion.
- Are experiencing physical or mental health concerns.
- Feel upset, overwhelmed, or homesick.
- Feel uncomfortable or unsafe.
- Have concerns about a teammate or another participant.
- Are unable to attend a scheduled activity.
- Need help with any situation during the event.

No concern is too small. Team Staff are there to help.

Ask Questions

If you are unsure about something, ask.

Whether it relates to:

- Competition schedules.
- Travel arrangements.
- Team expectations.
- Meals or accommodations.
- Equipment.
- Rules of the game.

Asking questions helps everyone have a better experience.

Stay Connected

Athletes should never leave the team or competition venue without informing Team Staff.

Always let a coach or Team Staff member know:

- Where you are going.
- Who you are with.
- When you expect to return.

Knowing where athletes are is an important part of ensuring everyone's safety and well-being.

We Are Here to Support You

Team Staff understand that participating in a major event can be exciting, challenging, and sometimes overwhelming.

Whether you are celebrating a great performance or struggling through a difficult day, you are encouraged to communicate with Team Staff.

Together, we can find solutions, provide support, and help you have the best possible Team NT experience.

A Shared Responsibility

Communication is a shared responsibility between athletes, Team Staff, and, when appropriate, parents or guardians.

By speaking openly, listening respectfully, and supporting one another, we create a team environment built on trust, respect, and accountability.

If something doesn't feel right, don't keep it to yourself. Talk to someone. We'd rather help early than solve a bigger problem later.

Conflict Resolution

Table Tennis North is committed to creating a positive, respectful, and supportive team environment where concerns are addressed fairly, respectfully, and as early as possible.

Most concerns can be resolved through open communication. Athletes are encouraged to raise questions or concerns early so they can be addressed before they become larger issues.

Everyone involved with Team NT is expected to communicate respectfully and work together to find appropriate solutions.

If you have a concern, question, or problem during a Team NT activity, we encourage you to follow these steps whenever appropriate:

Step 1 - Speak with your Team NT coach. Many concerns can be resolved quickly through an open and respectful conversation.

Step 2 - If you are not comfortable speaking with your coach, or if the concern cannot be resolved, speak with another member of Team Staff, such as the Team Manager, Assistant Coach, or another designated Team Official.

Step 3 - If the concern remains unresolved, or involves Team Staff, contact the Team Manager or a designated Table Tennis North representative.

Step 4 - If the concern involves athlete safety, abuse, harassment, discrimination, bullying, retaliation, or another Safe Sport matter, it should be reported through the appropriate process outlined in the Table Tennis North Sport Integrity Policy Suite.

Safe Sport Concerns

Some situations require immediate action and should not wait for the steps outlined above.

If you believe that you or someone else is at risk, or if you experience or witness behaviour that may violate the Table Tennis North Sport Integrity Policy Suite, report it immediately to:

- A Team Staff member.
- The Table Tennis North Safe Sport Officer.
- The appropriate independent reporting process, where applicable.
- Emergency services, if there is an immediate risk to someone's safety.

The safety and well-being of participants will always be the highest priority.

Respecting the Process

Everyone involved in a concern is expected to:

- Listen respectfully.
- Communicate honestly.
- Allow concerns to be addressed fairly.
- Respect confidentiality whenever possible.
- Avoid gossip, rumours, or discussions on social media.

Resolving concerns respectfully helps maintain trust within the team and creates a positive environment for everyone.

Asking for Help

There is never a wrong time to ask for help.

Whether you are feeling overwhelmed, experiencing a conflict, have questions, or simply need someone to talk to, Team Staff are there to support you.

Speaking up is a sign of responsibility, not weakness.

Parent / Guardian Responsibilities

Parents and guardians are an important part of the Team NT Table Tennis program. Their encouragement, support, and commitment help create a positive experience for every athlete.

Table Tennis North values the partnership between athletes, parents, guardians, coaches, officials, and volunteers. By working together with mutual respect and open communication, we create an environment where athletes can learn, compete, and enjoy the sport.

Supporting Your Athlete

Parents and guardians are encouraged to:

- Encourage effort, learning, and personal growth.
- Celebrate improvement, not just results.
- Help athletes arrive prepared and on time.
- Support healthy habits, including rest, nutrition, and hydration.
- Encourage independence and personal responsibility.
- Celebrate the achievements of all Team NT athletes.

Success is measured by more than medals. It is also measured by growth, confidence, teamwork, and enjoyment.

Supporting the Team

Team NT is built on teamwork.

Parents and guardians are expected to:

- Support all Team NT athletes.
- Treat all participants with respect and kindness.
- Recognize that every athlete contributes to the team in different ways.
- Celebrate successes across the entire team.
- Help create a positive and welcoming environment.

When one athlete succeeds, the entire Team NT community benefits.

Respecting Coaches and Team Staff

Parents and guardians are expected to:

- Respect the role and responsibilities of Team Staff.
- Allow coaches to coach during training and competition.
- Avoid coaching or directing athletes from the stands.
- Support coaching decisions made in the best interests of the team.
- Communicate respectfully and professionally with Team Staff.

A consistent coaching message helps athletes learn and perform with confidence.

Communication

Table Tennis North values respectful, open, and constructive communication. Our goal is always to work together in the best interests of the athlete and the team.

Parents and guardians are encouraged to:

- Raise questions or concerns respectfully.
- Communicate directly with the appropriate Team Staff member.
- Allow time for emotions to settle before discussing competition-related concerns.
- Support athletes in communicating directly with coaches whenever appropriate.

Selection Decisions

Selection to Team NT follows published selection policies approved by Table Tennis North. Parents and guardians are expected to:

- Review and understand the published selection policies.
- Respect the selection process.
- Recognize that selection decisions are based on established criteria and the best interests of Team NT.
- Follow the published appeal process if they believe a procedural error has occurred.

Selection decisions should never become personal attacks toward athletes, coaches, evaluators, volunteers, or other families.

Safe Sport

Parents and guardians play an important role in creating a safe sport environment.

They are expected to:

- Support the principles of Safe Sport.
- Encourage respectful behaviour.
- Report concerns through the appropriate channels.
- Help create an environment where athletes feel safe speaking up.
- Respect the privacy and well-being of all participants.

Every member of the Team NT community shares responsibility for creating a safe, inclusive, and respectful environment.

Social Media

Parents and guardians are encouraged to use social media positively by:

- Celebrating athletes and teams respectfully.
- Promoting good sportsmanship.
- Respecting the privacy of athletes, families, coaches, and officials.
- Avoiding negative comments about participants, selection decisions, officials, or volunteers.
- Supporting a positive online environment that reflects the values of Table Tennis North.

Team Staff Expectations

Team Staff play an important role in creating a positive, safe, and athlete-centred environment for everyone involved in the Team NT Table Tennis program. Athletes, parents, and guardians should expect Team Staff to act professionally, communicate respectfully, and always place the well-being of athletes at the centre of their decision-making. All Team Staff are expected to uphold the values of Table Tennis North and serve as positive role models both on and off the field of play.

Our Commitment

Team Staff are committed to:

- Providing a safe, respectful, and inclusive environment.
- Supporting the long-term development of every athlete.
- Treating all athletes fairly and consistently.
- Encouraging learning, sportsmanship, and personal growth.
- Promoting teamwork, respect, and integrity.
- Acting in the best interests of Team NT and the athletes they serve.

Professional Conduct

Team Staff are expected to:

- Demonstrate professionalism and integrity at all times.
- Communicate respectfully with athletes, parents, officials, volunteers, and event organizers.
- Lead through positive actions and behaviour.
- Make decisions that are fair, transparent, and consistent with Table Tennis North policies.
- Respect confidentiality and the privacy of participants.
- Avoid actual, perceived, or potential conflicts of interest whenever possible.

Athlete-Centred Coaching

Team Staff are committed to creating an environment where athletes can learn, develop, and enjoy the sport.

This includes:

- Providing constructive feedback.
- Encouraging effort and continuous improvement.

- Supporting athlete well-being.
- Promoting independence and personal responsibility.
- Respecting the individual needs and backgrounds of each athlete.

Safe Sport

Every member of Team Staff shares responsibility for creating a Safe Sport environment.

Team Staff are expected to:

- Follow the Table Tennis North Sport Integrity Policy Suite.
- Respect the Rule of Two whenever reasonably possible.
- Complete all required screening and Safe Sport training.
- Respond appropriately to concerns and incidents.
- Place athlete safety and well-being above competitive results.

Communication

Team Staff are expected to communicate openly, honestly, and respectfully with athletes, parents, guardians, and fellow Team Staff.

Questions, concerns, and decisions should be addressed professionally and in a timely manner, while respecting privacy and confidentiality.

Team Staff Agreement

All Team NT coaches, managers, officials, therapists, chaperones, and other accredited Team Staff are expected to read, understand, and sign the Team NT Table Tennis Staff Agreement before participating in Team NT activities.

The Staff Agreement outlines the detailed expectations, responsibilities, and standards of conduct required of Team Staff throughout the Team NT program.

Leading by Example

Team Staff help shape the culture of Team NT.

Through their actions, professionalism, and commitment to athlete development, they create an environment where athletes feel safe, supported, challenged, and inspired to become the best versions of themselves.