

# Kinesiology Association Constitution

## 2025-2026

*Updated Thursday, August 28<sup>th</sup>, 2025*

### **1. COMMUNITY**

- Our team would like to create a comfortable, respectful, open, committed, supportive, accountable, positive, fun, and safe community for students and staff to feel welcomed.

### **2. TEAM GOALS**

- To ask for help when it is required
- To make an effort to build positive relationships with everyone on the team
- To maintain the consistency contract with a bi-monthly (every 4 meetings) review.

### **3. MEETINGS**

There will be weekly team meetings in the library study rooms except for holidays. These meetings will be determined based on everyone's schedule. It is expected that all KALU members will attend and meetings will be: ● positive

- punctual
- constructive not destructive
- short and sweet
- a safe space
- a cell phone free zone (phones on airplane mode or silent) with the exception of cell phones being used for the purposes of scheduling It is expected that team members will have absences excused. Unexcused absences will not be accepted. Minutes will be provided.

### **4. PROGRAMMING**

It is expected that KALU members meet the minimum requirements of planning events up to 2 per semester. It is expected that Resident KALU members will communicate about their events and support events of fellow LUSU groups. It is also expected that KALU will include all members of the team in programming and collaborate between areas. Programming should be inclusive and not exclusive. When planning events it is expected that KALU members will follow through and follow up with their events. It is expected that when planning Program/campus wide events team members will help when and where they can as well as each member contributing equally. Finally, it is expected that each KALU is promoting their own events and LUSU wide events in order to attract students.

### **5. CONFIDENTIALITY**

It is expected of all KALU that when something controversial in nature occurs they report up to the Presidents and not to their colleagues and friends. It is expected that no KALU member talks to students about other team members

and that team members' personal lives and information is kept personal. It is expected that KALU members do not publicly discuss issues or incidents that have occurred and that if discussion must occur it is generalized and not specified.

#### **6. COMMUNICATION**

The Resident Assistant Team of 2014-2015 has decided that all official communication occurs via e-mail or facebook group if the nature of conversation is not confidential. Acceptable methods of unofficial communication include text messaging and Facebook.

#### **7. CONFLICT**

When resolving conflict on the team, KALU will take the time to cool off before approaching the other member. Conflict resolution will occur one-on-one and will be handled in a respectful manner. Conflict resolution will occur in a neutral and private area. All conflicts will be dealt with in a timely fashion. If one-on-one conflict resolution fails, proves to be difficult or uncomfortable then the parties to the dispute will involve the Presidents to resolve the conflict.

#### **8. GOSSIP**

KALU recognizes that gossip in university is inevitable, however it is expected that negative gossip is squashed if overheard and that KALU members try not to engage in gossip. It is expected that if one staff member knows that a colleague would be comfortable knowing the gossip or rumours about them, that that staff member would inform their colleague. It is very important to this team that no one talks negatively about team members in front of students.

#### **9. FAILURE TO MEET CONSISTENCY CONTRACT**

When a team member feels that an individual is not meeting the terms of the Consistency Contract, they will notify the presidents so that it can be addressed at a meeting. No one Team member will ever be singled out for failing to meet the contract. Furthermore, the Constitution will be reviewed once a semester or if conflicts arise.

#### **10. TEAM SOCIALS**

It is expected that team socials will be fun and inclusive and that some team socials occur off campus. It is also expected that all team members make their best effort to attend one team social per academic semester. It is expected that other KALU members will compromise so that all team members have the opportunity to attend a social. In the planning of events, it is expected that there is a mixture of active and passive socials that are positive, upbeat and fun. It is expected that there will be as many possible per semester and that the process of planning will be democratic in that all members are able to vote via poll to determine times, locations, events, etc.

#### **11. END OF TERM**

The last day of contract is April 30<sup>th</sup>, 2026 at 12:01 am.