

Woods Valley Race Team

Code of Conduct for Athletes

Athletes, coaches, officials and volunteers are expected to follow a WVST Code of Conduct, which is based on the United States Ski Association (USSA) Code found in the USSA Alpine competition Guide. Competitors, coaches and officials shall maintain high standards of moral and ethical conduct including, but not limited to:

- Self control
- Responsible behavior and honesty
- Consideration for others
- Treating people and their property with respect
- Physical and emotional well-being
- Good manners in public

Application

Athletes are expected to comply with the Code of Conduct for the Club and governing bodies for the sport at any time they are representing the Club. This includes:

- when training as part of the Club, on or off the hill.
- when wearing the team jacket or Club bibs, or when one can be identified as a member of the WVST.
- when competing as a Club member, on or off the hill.
- when travelling to and participating in Club events.

Guidelines and Rules for Training

1. Be on time for all team activities. If you are going to be absent or late, you must notify your coach in advance.
2. Come prepared with properly tuned skis for the events we are training each day.
3. Use of portable music players such as ipods and mp3 players are prohibited on the hill.
4. Helmets and goggles are mandatory for all WVST training.
5. It is expected that racers will stay with the team during practice hours. If a skier is going to leave practice, they must let his/her coach know.
6. Athletes are expected to bring a positive attitude to training and always give their best effort at training and races.

Acceptable Behavior

Athletes are expected to comply with the Code of Conduct for the Club and governing bodies for the sport, which include the following articles:

- All Club members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behaviour, consideration for others' physical and emotional well-being, and courtesy and good manners in public places at competitions and while traveling.
- Athletes shall abstain from the use of illegal drugs and alcohol.
- All Club members will avoid profane and abusive language and disruptive behaviour.
- All WVST Alpine competitors shall abide by the rules of competition.
- All club members will comply with the rules of the ski resort, including staying in bounds and off closed runs

Unacceptable Behaviour for Athletes

- The Club has defined unacceptable behaviour for athletes to include, but not be limited to: Repeated failure to participate in the program as designed for the athlete.
- Blatant disrespect for other people and property.
- Unsportsmanlike behaviour, including foul language and violence.
- Any violation of the criminal code, including theft and vandalism.
- Racial, gender, or any other form of discrimination, harassment or bullying.
- Smoking or consuming alcohol.
- Using or encouraging the use of drugs.
- Using performance-enhancing drugs or methods.
- Common sense will serve as a guide in identifying other behaviors that are inappropriate

Disciplinary Action

Infractions

Club members who behave in an unacceptable manner may be subject to disciplinary action by the WVST Disciplinary Committee. The Club has identified two levels of infraction:

- **Minor Infraction:** Has limited impact on the athlete, other athletes or individuals and/or the program as a whole. Examples include:
 - Inappropriate use of language.
 - Failure to participate in the designed program.
 - Bullying or harassment.
 - Lack of respect to teammates or elders.
- **Major Infraction:** Has serious impact on the athlete, other athletes or individuals and/or the program as a whole. Examples include:
 - Use of or encouraging the use or distribution of drugs.
 - Consumption of alcohol for minors.

Penalties for Athletes

- **Minor infractions:** May result in withdrawal of training or racing privileges for a short period of time.
- **Repeated minor infractions:** May result in withdrawal of training or racing privileges for a longer period of time, or dismissal from the Program.
- **Major infractions:** may result in dismissal from the Program.

The WVST Disciplinary Committee, in consultation with coaches, are responsible for the administration of all disciplinary action against athletes. The exception to this is that a coach may impose a suspension for the remainder of a day of training or racing for a minor or major infraction.

Athlete Responsibilities

The athlete, by signing this agreement, has agreed to:

- Participate in the training and racing program as designed by the coaching staff (dryland, on-snow training, competition, equipment, diet, rest, etc.), giving 100% effort during all sessions.
- Do his/her best to arrive at training on time, physically, and mentally prepared.
- Communicate with the coaches on all aspects of their training.
- Respect the coach’s directions and decisions.
- Dress in a manner that is a credit to themselves, team and program.
- Behave in a fashion that brings credit to themselves, the team, and the Club.
- Support all members of the team.
- Show respect for athletes, coaches, officials, volunteers, parents, and mountain staff.

Fair Play Code for Athletes

- 1) I will participate because I want to, not just because my parents or coaches want me to.
- 2) I will play by the rules, and in the spirit of the sport (this includes the rules and policies of the Club, the ski resort, and the governing bodies of the sport).
- 3) I agree to speak positively when talking about Woods Valley Ski Team in all conversations with Club members or the general public.
- 4) I agree that good sportsmanship is when teammates, opponents, coaches, and officials treat each other with respect, and will avoid outbursts that include foul language, disrespectful behaviour and violence.
- 5) I agree that discrimination and harassment of other athletes or participants in the sport is unacceptable.
- 6) I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.
- 7) I will remember that winning isn’t everything – that having fun, improving my skills, making friends and doing my best are also important.
- 8) I will not belittle any athlete’s performance.
- 9) I will remember that mistakes are part of life and should be viewed as opportunities for learning.
- 10) I will acknowledge all good performance – by my teammates and my opponents.
- 11) I will be gracious in victory and in defeat.

Signed,

Athlete

date

Head Coach

date

Parent

date

WVST Found. President

date