

VSC ATHLETE & PARENT CODE OF CONDUCT



Name of Athlete: _____

As an athlete participating in Vernon Ski Club activities:

1. I will demonstrate good sportsmanship at all times.
 - I will display respect for my teammates and do my best to be a true team player.
 - I will not interfere with, bully, steal from or take advantage of another person / teammate.
 - I will not use foul, inappropriate or abusive language or behavior.
 - I will acknowledge all good performances – those of my teammates and of my opponents.
2. I will be courteous and display respect for my coaches and come to activities prepared to listen and learn from them. I will exercise self-control and remember that coaches, officials and parents are there to help me. I will accept their decisions and show them respect.
3. I will participate in the activities of VSC to the best of my abilities. I will remember that having fun, improving skills, making friends, and doing my best are just as important as winning.
4. I will be on time for training and race events and inform my coach in advance of any absence. If I am late it will be my responsibility to catch up with my team.
5. I will obey the Skier's Responsibility Code at all times and act in a safe manner when participating in activities.
6. I will represent VSC positively while participating in training, competitions and other activities. I will wear my team uniform while training and competing.
7. I will respect all VSC equipment provided for my use. I will assist with tear down during training and at local and away race events.
8. I will respect the integrity and judgement of race officials.
9. I will respect all club facilities and clean up after myself. I will help keep the VSC cabin/tent clean by throwing away my garbage and tidying up at the end of the day.
10. I will behave appropriately while traveling in the VSC van ensuring that the driver is not distracted by disruptive and unruly behavior. I will always wear a seatbelt.
11. I am responsible for my own gear and will take care of it. I will respect my teammates' gear and not interfere with it.
12. I will not use drugs or alcohol.
13. I will not use my cellphone during club time including on the ski hill, during breaks, in lift lines or on lifts.

I will accept responsibility for my actions. I understand that if I fail to follow the above code of conduct I may be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by a coach.
- Written warning
- Removal from training/competition area
- Temporary suspension from club activities
- Long term suspension

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Please provide a signed copy (original or scanned) of this document to the parent rep for your team.

Code of Conduct – Parents

As a parent member of the Vernon Ski Club:

1. I will be courteous, cooperative and respectful in my dealings with the Program Director, coaches, race officials, Board Members, volunteers, athletes, other club members and ski hill staff.
2. I will place the emotional and physical well-being of athletes ahead of any personal desire to win, realizing that athletes who feel they cannot meet their parents' expectations lose motivation.
3. I will provide support, care and encouragement for my child and all athletes participating in training, race events and other VSC activities.
4. I will guide my child(ren) to help them understand the importance of the VSC Athletes Code of Conduct.
5. I will support coaches and officials in providing a positive and rewarding sports environment for athletes and refrain from making critical comments.
6. I will support the Board of Directors, Program Director and coaches in their efforts at managing club activities and race events.
7. I will discourage the use of foul or abusive language and/or behavior and the use of illegal drugs.
8. I will fulfill my volunteer commitment with VSC to the best of my ability including participating in local and away race events.
9. I will provide my child(ren) with any club uniforms and ski equipment required by their programs.

As the parent of the above athlete I have read the above code of conduct with my child and ensure they understand it. I agree that if my child does not adhere to the code of conduct that disciplinary action will take place.

I have read and agree to uphold the Parents Code of Conduct.

Name of Parent

Signature

Date

Note

- *The Vernon Ski Club Board of Directors is responsible for administering disciplinary actions for any Code of Conduct violations, in consultation with the Program Director and coaches.*
- *There will be no refund of program fees for time missed resulting from any kind of disciplinary action.*