

CODE OF CONDUCT FOR ATHLETES

As an athlete & participant in competitive snowsport competitions, I agree to follow

Aldershot Ski Race Club's Athlete's Code of Conduct & Behaviour Guidelines as given below:



- I will arrive promptly & allow enough time to be ready to start at the agreed time
- I will show respect to coaches, other officials & other slope users at all times
- I will respect officials & volunteers involved in snowsports & understand my participation in snowsports is only possible due to the time they give freely to help myself & other athletes
- I will show respect to my fellow athletes
- I will report any concerns I have to my coach, Club Welfare Officer (asrccwo@gmail.com) or parents/carers
- I will not be involved in any bullying, or any practice that can be deemed as bullying
- I will demonstrate sporting behaviour in all my activities, and in relation to race results & official decisions
- I will practice good sportsmanship & integrity (e.g. being modest in victory & gracious in defeat, not deliberately losing races to enable an easier grouping, being honest if I ski out or miss a gate etc.)
- I will make every effort to attend prize giving ceremonies should I be a prize winner
- I will always act in a manner that does not bring myself, the Club or my sport into disrepute during ski races & practice/training sessions
- I will not use the internet, phone or other electronic device on the slope or to make derogatory remarks about other racers, teams, officials, clubs or anything related to snowsports that could bring the sport into disrepute

BEHAVIOUR GUIDELINES FOR ATHLETES

1. Pay attention to who/what is on the slope; always look up the hill before crossing
2. Move quickly to the side on completion of your run
3. Wait your turn in the lift queue
4. Move away at the top of the lift to allow space for those coming up
5. Give the racers in or at the start gate space to start properly
6. Support your team & encourage your teammates
7. Use the lifts properly
8. Avoid hitting the "Poma" which is coming down: broken lifts = long hikes or no skiing!
9. Respect your kit e.g. no sword fights: you may hurt each other & the kit is expensive!
10. Respect each other – bullying of any kind will not be tolerated
11. Behave appropriately – show you are proud of yourself, each other & your club
12. If you see or hear anything inappropriate, please tell someone (CWO, Coach or a parent)
13. Be prepared - wear appropriate clothing, have waterproofs available & drinks available
14. Following instructions the first time
15. There is absolutely no need for swearing
16. Listen to the coaches – & allow others to listen
17. Leave the boot room tidy

I understand that disciplinary action may be imposed for breach of rules or for reasons of behaviour. Disciplinary action will depend on the type & seriousness of the offence, but will be accompanied by a verbal warning &/or a written warning as appropriate or necessary (Behaviour Management Policy applies, copy on request)

All Athletes sign below to indicate:

"I understand, & will follow, the Code of Conduct & Behaviour Guidelines for Athletes"

Athlete's Signature: **Date:**

Signature of Parent: **Date:**

CODE OF CONDUCT FOR PARENTS & GUARDIANS PLEASE SIGN BELOW



Aldershot Ski Race Club expects the highest standards of behaviour from everyone participating/involved in snowsports. As parents/guardians (hereafter called parents) **ASRC** expect you to:

- Transport your child punctually to & from coaching sessions & races allowing time for your child to prepare.
- Remain at training or races unless otherwise agreed, or provide a nominated responsible adult (NRA)
- Inform a coach upon arrival if you plan for your child to leave a coaching session or race early, or if your child is to be collected by someone else (must be identifiable or NRA)
- Accept that it is a condition of athlete's membership that parents or carers assist at training sessions & races if requested. Support & training or mentoring will be offered if required
- Agree to sign up to the GoCardless payment scheme for subscription fees & other monies owed
- Ensure your child is properly attired for the weather conditions & has wet weather clothing available (athletes may not be allowed to participate without appropriate attire or equipment)
- Reinforce the importance of protective equipment being worn at ALL times while skiing, not just at ASRC
- Report any changes or concerns pertaining to your child's health, in particular breathing or chest conditions, to the coach prior to each session beginning
- Respect the rights, dignity & worth of every person within the context of snowsports
- Be respectful towards the coach & channel any concerns through the appropriate routes
- Not use inappropriate language or gestures, including swearing, sexist, abusive, racist or prejudicial language or tolerate same from other members or guests
- Not condone, or allow to go unchallenged, any form of discrimination or perceived bullying if witnessed
- Report any concerns or interventions to either the Club Welfare Officer (asrccwo@gmail.com) or coach
- Stay off the slope unless invited by a coach or race official, or in an official support capacity
- Accept race official's judgement. Queries must be directed through official channels
- Acknowledge the importance & role of the club & race officials who provide their time for free to ensure children's participation in the club
- Encourage all athletes to abide by their signed Code of Conduct & Behaviour Guidelines for Athletes
- Encourage & role-model good sportsmanship, responsible behaviour & integrity in all aspects of snowsports
- Not place your child under pressure or push them into activities they do not want to do
- Be realistic & supportive when observing & giving feedback to your child
- Recognise good performance & not just race results; reassure children that they can only do their best
- Promote your child's participation in snow-sports for fun
- Abide by SSE's **SnowSafe** Policy (www.snowsportengland.org.uk/safeguarding)

PARENTS / GUARDIANS HAVE THE RIGHT TO:

- Know their child is safe
- Be informed if their child is injured
- Contribute to decisions within the club
- Be informed of problems or concerns relating to their children
- Raise any concerns about standards at the Club & to be listened to
- Be told who is the Club Welfare Officer & how to contact them

Any misdemeanours or breach of this code of conduct will be dealt with immediately or as appropriate & persistent concerns or breaches may result in the parent being asked not to attend if their attendance is deemed, by the committee, to be detrimental to their child's or other children's welfare.

Name of related Athlete:

READ BY Name of Parent (print)

Signature of Parent: **Date:**