

Athletes Code of Conduct

As an athlete and participant in competitive snowsport competitions I agree to follow the Essex Ski Racing Club's *Code of Conduct for Athletes* as given below:

- I will arrive promptly for snowsports activities and allow enough time to be ready to start at the agreed time.
- I will dress appropriately for the activity and weather conditions including long trousers, long sleeves, gloves for dry slope and as directed by my coach for snow.
- I will wear a correctly fitted helmet at all times whilst racing and training¹.
- I will show respect and courtesy to coaches at all times.
- I will show respect and courtesy to officials and volunteers in snowsports and understand participation in snowsports is only possible due to the time volunteers give freely to help myself and other athletes.
- I will show respect and courtesy to my racing colleagues and other snowsports athletes at all times.
- I will not be involved in any bullying or practices that can be deemed as bullying
- I will not use the internet, phone or other electronic device to make derogatory remarks about other people involved in snowsports, or clubs, or anything related to snowsports that could bring the sport into disrepute.
- I will not use my mobile phone/media device on the slope during club training sessions.
- I will report any concerns I have to my coach, Club Welfare Officer or parents / carers.
- I will demonstrate sporting behaviour with regards to race results and decisions made.
- I will demonstrate sporting behaviour in all my activities and promote good sportsmanship, being modest in victory and gracious in defeat.
- I will act in a manner at all times that does not bring myself or my sport into disrepute during ski races and practice/training sessions.
- I will attend prize giving ceremonies should I be a prize winner unless circumstances do not allow me.
- I will not enter into relationships with other athletes on the Team while on training and race camps.
- I will abide by the club rules.
- I understand that if I do not abide by the Club rules I may be subject to disciplinary action.
- I will read, understand and agree to the BSS Drugs and Doping policy.
- I will not use prohibited or recreational drugs, as defined by WADA.
- I will abide by SSE Anti-bribery policy.

¹ The Club recommends that you use a helmet that meets an appropriate safety standard (EN 1077 Class A, CEE 1077, ASTM 2040 or SNELL 98) and is marked as intended for Alpine skiing. However, the final choice of helmet rests with the athlete/parent.

The harmful effects of smoking cigarettes and the consumption of alcohol are well recognised and can debilitate the performance of racers. Snowsport England and Essex Ski Racing Club actively discourage the consumption of these substances during race events and training.

I understand that disciplinary action may be imposed for breach of rules or for reasons of behaviour. Any action will depend on the type and seriousness of any breach of rules or behaviour, but will be accompanied by a verbal warning and/or a written warning as necessary. I understand athletes shall have the right to appeal all such measures to the Management Committee via the Athletes Representative within three months of any disputed disciplinary measure.

Athlete's signature: Date:

Print Name:.....

Parent/Guardian's signature: Date:

Print Name:.....