

THE CSRT CODE OF CONDUCT- ATHLETES

Athletes, coaches, officials and volunteers are expected to follow a CSRT 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

Safety. CSRT skiers are expected to ski in a safe manner at all times. It is critical that we all act in a safe manner throughout the ski season to prevent injuries. Ensure your own personal safety and the safety of others by using common sense. Do not ski with “tunnel vision.” Be aware of condition, terrain, obstacles and people around you while you are skiing and training. You should be familiar with and obey the *Responsibility Code* found in most ski resort's *Trail Map*. The CSRT coaching staff encourages the following:

Skiers should come to a stop *below* other skiers.

Helmets are required during training and racing- no exceptions.

For J4 and older: Face/mouth protection, appropriate hand and shin guards are required for training Slalom.

Drugs, alcohol or tobacco. The use of these substances will not be tolerated and will lead to dismissal from the CSRT.

Dishonesty. Dishonesty will not be tolerated and will lead to dismissal from the CSRT.

Violence and aggressive behavior. Violent and/or aggressive behavior will not be tolerated and will lead to suspension from training with the CSRT and USSA events for a minimum of two weeks.

Profanity and abusive language. The use of profanity or abusive language will not be tolerated. During racing events such language can lead to race disqualification and /or racer sanctions for future events.

Disruptive behavior. Skiing and ski racing is fun. All athletes who have joined the CSRT program have made a commitment to that but also to learning to become better skiers and racers. Training should be fun but disruptive behavior is discouraged because it is unfair to the coach and to the other athletes in the group.

Good Sportsmanship. Ski racing is an individual sport but all members of the CSRT are team members. In all cases coaches and athletes are expected to behave as a team and to use positive reinforcement and encouragement. In other words, cheer for your teammates.

Mountain Behavior. Respect the mountain employees, other guests and the mountain facilities at all times. Courtesy toward other people goes a long way. In order to use any lift cutting privileges, you must be within arm's reach of your coach.

Be on time. If you are late you cannot train with us for that AM session. You will have to meet the group at lunchtime, or if you are with an adult, find them on the hill (easy at Cooper).

Effort and attitude. The CSRT coaching staff realizes that we have athletes of all abilities and skill levels but we expect each athlete to show a positive attitude and to give their best effort during training.

The CSRT coaches reserve the right to encourage and enforce the Code of Conduct and safety and behavior guidelines. After one warning the coaches, during training sessions, may dismiss uncooperative athletes from the current session. The athletes will be sent to the lodge for the remainder of that session, and can return to the group at the beginning of the next session of the day. More serious matters will involve the head coaches and parents.

Athlete Signature

Parental Signature

Printed Name and Date