



ATHLETE AND PARENT AGREEMENT

To ensure that athletes have the best learning environment during any club function or activity, the Bulkley Valley Cross Country Ski Club (BVCCSC) has established the following Code of Conduct for all athletes and their parents.

Athletes

Athletes must familiarize themselves and abide by the rules and regulations of Cross Country BC and Cross Country Canada. It is each athlete's responsibility to:

1. represent the BVCCSC and the sport of cross country skiing in a dignified and responsible manner.
2. maintain respect and consideration towards the public, coaches, administrators, volunteers, officials, and other athletes.
3. be punctual and respect curfews.
4. abstain from the use of banned substances, illegal drugs or alcohol (<http://www.cces.ca/pdfs/WADA-PUB-ProhibitedList-E.pdf>).
5. maintain a good work ethic.
6. maintain a positive attitude towards team members and oneself, and contribute positively to team spirit.
7. behave in such a manner as to provide a positive role model for younger skiers within the BVCCSC.
8. make a best effort to attend all team functions including training sessions, camps, courses and competitions as requested by BVCCSC coaches. Notify coaches well in advance if unable to attend.
9. treat with respect any equipment borrowed from the BVCCSC and replace it if damaged or lost. Treat personal, team members' and coaches' equipment with the same respect.
10. treat with respect ski club facilities at home and when visiting other clubs.
11. ensure that their own equipment is in good condition for practices and events.
12. maintain clear and dependable communications with coaches and other athletes.
13. wear appropriate clothing for the practice or event and bring water bottles, holders and a heart rate monitor as instructed by coaches
14. respect individuality, personal time, and study habits.
15. respect decisions that the coaches committee may provide concerning disciplinary action of athletes not adhering to the Code of Conduct.

Athlete signature _____

Dated at _____, BC this _____ day of _____



Parents/Guardians

It is the parents/guardians responsibility to:

1. ensure that children under 16 years of age are accompanied by an adult on any out of town BVCCSC skiing event.
2. ensure that their child has suitable accommodation arranged and finances available when attending an event with the BVCCSC.
3. assist the athlete and coaches by being punctual, communicating effectively, and providing athletes with appropriate equipment for training and races. Effective communication includes checking emails regularly and replying in a timely fashion. Individual coaches will lay out their expectations to parents and athletes at the beginning of the season.
4. parents of athletes seeking outside coaching (e.g. weight training, nutrition, cross training, etc.) will consult with the coach of their athlete's group and seek their agreement.
5. support the coaches, providing respectful feedback to the coach in private rather than in public.
6. cheer and encourage all racers on the course.
7. volunteer at local races in some capacity.

Parent/Guardian signature _____

Dated at _____, BC this _____ day of _____

AUTHORITY

This policy is approved by and promulgated under the authority of the BVXCSC Board of Directors (BOD).

BVXCSC BOD November 13, 2007
Amended September 15, 2008