



Appendix A: RART Athlete Code of Conduct

As an athlete member of the Regina Alpine Race Team (RART), I agree to abide by the terms of this code of conduct and to always put the best version of myself forward as a member of the team:

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 RART 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 RART positively while participating in training, competitions and other activities. I will wear my team uniform while training and competing.
7. I will respect all RART 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 RART Clubhouse clean by throwing away my garbage and tidying up at the end of the day.
10. I am responsible for my own gear and will take care of it. I will respect my teammates' gear and not interfere with it.
11. I will not use drugs or alcohol.

Initial Athlete

Initial Parent/Guardian



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

I further acknowledge that there is no refund of fees due to training that is missed due to the application of the progressive discipline policy.

Date

Signature athlete

Date

Signature parent/guardian