



Athlete Code of Conduct

Approved Dec 20, 2007

It is the intent of the Red River Nordic Ski Club to provide healthy and safe competition and travel experiences for all our athletes. To facilitate this, and recognizing that the actions and behaviour of athletes reflect not only on the athletes themselves, but also on the Club, the Club has established this Code of Conduct, which describes the Club's expectations of every athlete attending a competition as part of a Red River Nordic Ski Club team.

At all times while attending a competition as an athlete on a Red River Nordic Ski Club team, I agree to:

- behave in a polite, responsible and sportsmanlike manner;
- respect my teammates, coaches and chaperones, the athletes, coaches, and chaperones of other teams, and the officials;
- not obtain, possess or use any illegal substance, performance enhancing drug, or alcohol;
- not cause or participate in causing damage to any property (e.g., hotel, pool facility) or any loss of property;
- not cause or participate in causing injury to any person; and
- not engage in any behaviour which might bring disrepute to myself, or to the Club.

I understand that if I act contrary to any aspect of this Code of Conduct, I may be subject to discipline by my coach or chaperone, and the Club, and that such discipline may include, but may not be limited to, one or more of the following consequences:

- a written caution;
- full or partial restriction on my movement while at the competition;
- full or partial restitution for any property damage or loss of property;
- suspension from one or more of the remaining races of the competition; or
- suspension from the remaining races of the competition and an immediate return home at my expense or my family's expense.

I also understand that if I am disciplined for acting contrary to any aspect of this Code of Conduct, a report will be submitted by my coach or chaperone to the Club, for the Club to decide whether further action should be taken.

Signature of Athlete

Date

Signature of Parent / Guardian (if Athlete is under the age of 18)

Date