

Code of Conduct for Athletes, Parents, Coaches, Members and Administration



**Lightning Creek Ski Club – Code of Conduct for
Athletes – Coaches – Parents – Members -
Administration**

The LCSC has the following objectives:

- To provide a supportive framework to all members of the club and the community, from young to old, through which skiers can achieve excellence in a sportsmanlike environment. The club aims to develop ski racers, to have fun through friendly competition, to be of the highest quality and to be adaptable as they progress through the levels of ski racing.
- To help develop dedicated athletes who strive to progress to Provincial and National Team programs.

In order to accomplish these objectives, it is important that all club members work together in a coordinated effort, starting with Parent and Administration Support of the overall Program, followed by Coach-Driven support for Athlete-Centered Needs. All members must agree and commit to “pulling their weight” in order to facilitate athlete success.

In addition to the specific requirements stated in this LCSC Code of Conduct Document, all LCSC members are required to comply with all LCSC policies and relevant BC Alpine policies.

Athlete Responsibilities

The athlete is required to:

- Participate and commit fully to the training and racing plan as designed by the coaching staff (*dryland, on snow training, competition, equipment, diet, rest, etc.*), giving 100% effort.
- Keep a detailed training and racing log.
- Communicate with the coaches on all aspects of their program plan.
- Wear team uniforms and insignia at all club events.
- Behave in a fashion that brings positive credit to themselves, their team and the program.
- Show respect and support for the team and program sponsors.
- Show respect for athletes, coaches and officials.
- Respect the coach’s decisions.

Coach Responsibilities

The coach is required to:

- Teach the athletes to use all the tools available to them in their quest to achieve training and competition success.
- Commit 100% to program and athlete development.
- Communicate with athletes on any and all aspects of their individual development and training plan.
- Communicate with parents on appropriate aspects of the team and individual athlete programs.
- Behave according to the CSCF Alpine Coaching Code of Ethics and be a member in good standing.
- Complete the Respect In Sport Activity Leader/Coach Program.
- Represent the athlete's best interests regionally and provincially.
- Support the team, club executive and program sponsors.
- Constantly advance professional development, skills and knowledge.

Parent Responsibilities

The parent is required to:

- Look out for your child's interests as they enter, participate and exit from the program.
- Monitor your expectations of your athlete's performance and progress, noting that athletes who feel they cannot meet their parents' expectations may lose motivation.
- Communicate with coaches and administrators as needed on aspects of the program.
- Commit to the fundraising activities that form part of the overall program.
- Support team and program sponsors and follow through on mandatory volunteerism at your athlete's races/events both at home and away.

Volunteer/Member/Administration Responsibilities

Members, volunteers, and club administration, as applicable, agree to:

- Ensure that the program is well defined and well understood by all parties involved and is available in a written outline form.
- Provide written and signed employment agreements with all coaching staff to include a contract, job description, and code of ethical behaviour.
- Communicate with clubs, coaches, sponsors and other interested parties to promote an understanding of the program philosophy, entry and exit criteria.
- Conduct the affairs of the program in an ethical and financially responsible way.
- Organize fundraising events that will help reduce the cost to participating families.
- Support team and program sponsors.
- Report regularly to club and/or zone Boards on all aspects of the Program.
- Represent the Program interests regionally and provincially as required.

Unacceptable Athlete Behavior

Includes, but is not limited to:

- Repeated failure to participate in the program as designed by the coaching team, for the athletes.
- Blatant disrespect for other people and property (*teammates, athletes, coaches, officials, sponsors, equipment, club vans, ski areas, etc.*).
- Inappropriate behavior during any club sanctioned event (*local or out of town race, training session, dryland, van travel, fundraising etc.*) or inappropriate behaviour with, or towards, other athletes or club members at any time.
- Blatant use of foul language.
- Bullying.
- Stealing.
- Smoking, vaping or drinking alcohol of any kind.
- Using, encouraging the use of, or distributing drugs or any kind.
- Any illegal activities

Disciplinary Action

Athletes who behave in an unacceptable manner may be subject to disciplinary action by the coaches and/or the LCSC Executive board. Depending upon the severity of the athlete behavior, the coaches and/or the LCSC executive board may elect to skip the First and/or Second Penalty should the situation warrant it.

First Penalty: Athlete will be given a verbal warning. Punishment at the discretion of the coaching staff (*time out, hiking, revised training or racing privileges*).

Second Penalty: Coach(es) will advise athletes parent(s) of the unacceptable behavior and/or misconduct. Coach(es) and parent(s) to determine suitable punishment together.

Third/Final Penalty: Coach(es) will set up a meeting with the executive board, parent(s), and athlete to discuss unacceptable behavior and/or misconduct in order to determine either steps for improvement/correction, or dismissal from the program.

Appeal

First Penalty: There is no appeal process for first penalty offences.

Second Penalty: There is no appeal process for second penalty offences as the athletes' parent(s) are involved in this process.

Third Penalty: Appeals may be made to an independent group of people not already on the Board. This group will be comprised of:

- One Lightning Creek Ski Club Executive Board member selected by the Board
- Two individuals not connected with the Lightning Creek Ski Club Board and agreed upon by the Board.

No refunds will be offered for program or event fees for time or activities missed resulting from a disciplinary action of any kind.

Commitment

By registering in any of the LCSC programs, or by participating in any LCSC related events throughout the year (ie. fundraising, training, camps etc), all parties agree that they have read the "Code of Conduct" and understand its contents. This "Code of Conduct" also applies to guest athletes/coaches/parents/volunteers that accompany the LCSC for training, out of town races, camps etc. Furthermore, all parties agree to conduct themselves according to the guidelines in this document.