

## Athlete Code of Conduct

The Athlete Code of Conduct applies to all athletes and to all volunteers under the age of 18.

What makes Calgary Westside Alpine Ski Club (CWASC) unique is that we're truly like a family.

We support each other, lift each other up, and always include everyone. We treat all team members with respect and equality.

### A) BAHD (Bullying, Abuse, Harassment, Discrimination)

BAHD behaviours of any kind are not tolerated and may result in immediate removal from training. The duration will be assessed in each situation.

BAHD behaviours includes the obvious things like physical contact (hitting, pushing, tripping, etc.) but they also includes more subtle threatening or intimidating behaviour like:

- Talking behind each other's back.
- Excluding others from conversations, lunch tables, activities, chairlift groups, plans.
- Spreading rumours.
- Teasing in a hurtful way.
- Ganging up on others.
- Cyber bullying.
- Any form of intimidation.
- sexual references and innuendos

We want all of you to love skiing, to love being a part of this team, and to always feel included. Please make sure you do your part to ensure every athlete feels this way!

If you ever feel uncomfortable, upset, excluded, or targeted, please chat with your coach right away so they can fix it for you. We'll work to find a solution you're comfortable with.

### B) Behaviour

As Westside Alpine athletes with team-branded clothing, it's important that we act as Ambassadors of the team with a respectful, positive attitude and behaviour. That means being kind to lifties, parents, other athletes, ski hill employees, and members of the public. We of course want you to have fun, don't doubt that! But we need to balance fun with respect. As a member you are representing CWASC and it is your responsibility to promote a positive public perception.

#### i) Behaviour in the Lodge

We will not exceed the time allowed for lunch and dinner breaks. We will keep our area neat and organized, keep the volume down, and act as ambassadors of the team. That means:

- Lunch break (all age classes) on weekends is a maximum 40 minutes, athletes must not hold up your teammates and coaches.
- Dinner breaks (U8/10/12) on weeknights are a maximum 30 minutes, athletes must not hold up your teammates and coaches.
- Cleaning up after yourself.
- Bags are put away neatly.
- Garbage/recycling is off the tables/floor. Spills are wiped up.
- Fun is kept to a reasonable volume.
- No running around, jumping on top of tables/chairs, play fighting, or disrupting the other people in the lodge.

ii) Behaviour in the lift lines

Again, we're Westside Alpine athletes with team-branded clothing and people notice when an athlete is behaving inappropriately. In the lift lines, that means:

- Make groups to fill the chair – unless that means an athlete has to go up alone. In that case, adjust your numbers to include everyone.
- Enter the lift line slowly: no speeding into the lift line.
- No using the singles line to skip ahead.
- No ducking under the lift sensors.
- No stopping/moving backwards through the line. Keep the line moving and pay attention to the flow of traffic.
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iii) Behaviour on the chairlift

- Bar goes down immediately after loading, and doesn't come up until you reach the "raise bar" sign.
- No swinging chairs.
- No fighting on chairs (no, not even play fighting). Kids have fallen off this way.
- Sit properly on the chair – no perching on the edge of the seat. Again, kids have fallen off this way.

iv) Behaviour on the hill

- Socializing is for lift lines, chairlifts, and in the lodge. When we're training, please listen up, quiet down, and follow coaches' directions. We're out to make you all better skiers, and we need your full attention to do so! Keep on-task and do not distract others.
- Skis should always be put against the building or on a ski rack. No leaving them on the ground.

- Follow the alpine responsibility code – stay in control, avoid people ahead of you, don't stop where you can't be seen or are blocking a trail, obey all posted signs and closures, and remain on the scene if you witness an accident (but let your coach know!).
- Be helpful! As ambassadors of our team and strong skiers, you do your best to help members of the public. If someone needs help getting a ski back on, or a pole is up the hill, give them a helping hand.

v) Behaviour with your teammates and other ski club members

- Demonstrate respect and encouragement to all individuals regardless of body type, physical characteristics, athletic ability, gender, ethics or racial origin, disability or economic status.
- Consistently treat others fairly and be inclusive of others in your interactions.
- Show your courage by being a leader and setting an example for kind and respectful behaviour while encouraging your ski mates to do the same, to correct or prevent practices that are unjust.

vi) Behaviour in the Van- (U10/12/14/16)

- Athlete's must be capable to carry and manage their own gear independently.
- Stay in your seat, with seatbelt fastened at all times
- No food consumption is not allowed in the Van.
- Only water is allowed to be consumed in the Van, with driver approval.
- Music may only be played with headphones.
- Keep voices down to conversational levels.
- Clean up any garbage/toe warmer wrappers etc.

Failure to comply with the above will result in the suspension of Van privileges.

C) If you (the athlete) have an issue to bring up

Please know that our job as coaches is to make sure you feel safe, included, and heard. If you have any concern, we are more than happy to chat with you about it. We'll make sure to find a solution that you feel comfortable with, and we'll always take your concerns seriously. We want you all to have an amazing time, and to be able to learn! If anything is getting in the way of fun or learning, please come to us right away.

D) If a coach has an issue with an athlete

Whether it's behaviour, a bullying issue, or a different concern, we'll always come to you (the athlete) first to work it out. Here's how the process works when we see an issue:

- We'll chat with you two-on-one to work out a solution and notify your parents of our discussion.

- If it isn't resolved after a coach to athlete chat, then we'll discuss further with your parents, and assess a "time out" from training.

If the issue still isn't resolved, we start chatting about a suspension from the team. We hope it doesn't have to come to that, and have a lot of faith in your ability to work it out.