

Sovereign Lake Nordic Club

Athlete Code of Conduct and Team Travel Policies (Revised August 2024)

1.0 GENERAL RULES OF CONDUCT

Team reputation, and therefore the reputation of SLNC is built not only on performance but also on sportsmanship and understanding. Athletes represent their team, club, province, and family. Dignified and responsible behavior are expected when representing SLNC. Athletes must agree to the following:

- a) Display proper respect and sportsmanship towards coaches, officials, administrators, teammates, fellow competitors, and the public.
- b) Participate and appear on time, well-nourished, and prepared to participate to their best abilities in all competitions, practices, training sessions, and events
- c) Refrain from consuming alcohol, tobacco products, or recreational drugs while attending any team activity
- d) Disclose medical conditions to the Coaches as appropriate. It is important to report any health-related problems in a timely fashion when such problems may limit an athlete's ability to travel, practice, or compete. If an athlete suffers a major injury, they should seek approval from a medical doctor before returning to training activities.
- e) Communicate openly and respectfully any concerns constructively and in a timely manner. Do not publicly criticize (including postings on blogs, websites, and social media sites)
- f) Refrain from attending team training or races if feeling unwell.
- g) Demonstrate positive language and physical contact with others at all times.
- h) Demonstrate a respect for property. Willful vandalism, the destruction of property, or theft will not be tolerated.
- i) All cell phones, tablets, or other digital media are to be turned off and put away while in team meetings, team meals, group presentations, or similar settings.
- j) SLNC supports the use of social media by its members as a way to connect with others and promote and celebrate the sport, our programs, our events, and our activities. Share only positive pictures and videos on social media. Receive consent

prior to posting pictures or videos of others. Unacceptable social media will not be tolerated. This includes but is not limited to communication that:

- is hurtful, malicious, degrading, or otherwise offensive to an individual or group of individuals,
- Is damaging to SLNC's reputation and/or relationship with our stakeholders and partners,
- Divulges confidential or proprietary information,
- Fails to respect the privacy of others by disclosing personal information without consent,
- Includes explicit pictures and/or inflammatory language.

k) Acknowledge awareness of FIS, IBU, Nordiq Canada, and CCBC rules and agree to abide fully by these rules and to refrain from any activity that would put them or SLNC in violation of the rules or that would jeopardize their eligibility for competition

2.0 TRAVEL CONDUCT

Travel Races

'Travel Races' are defined as competitions where the club provides the travel and accommodations. Participants travel and eat their meals with the club and stay with the team at the hotel for the duration of the competition. Athletes are supervised by the coaching staff and designated chaperones.

When competing in races, participating in trips and/or attending other race-related functions, athletes must understand that they are representing both themselves and their club. Athlete behavior must positively reflect the high standards of Sovereign Lake Nordic Club (SLNC).

Athletes under the age of 13 must have a parent or guardian to supervise while at races.

2.1 Van Policy

a) The team van and rental vehicles must be kept clean and tidy. Remove all garbage upon leaving the team van and/or rental vehicle.

b) Respect the drivers and obey their rules.

c) Respect fellow passengers and their specific travel needs (i.e., personal space, noise).

d) Any music played out loud must contain "clean" lyrics.

2.2 Hotel Policy

- a) The Coaches will make rooming lists with input from the athletes. The aim is to ensure that people are roomed with those with whom they feel comfortable and safe.
- b) Athletes under the age of 18 shall not stay overnight at any other home/hotel except with the permission of the athletes' parents in advance.
- c) Some trips may require athletes to prepare their own meals or participate in the team's cooking. If an athlete is not yet ready to take on this responsibility, they should not attend or should be supervised by a parent.
- d) Athletes under 18 leaving the hotel property must be accompanied by an adult or have express permission to leave, with details of where they are going and when they will arrive back. Athletes must adhere to curfew hours.
- e) It is expected that athletes (Under 18) use the buddy system when within the hotel but outside of the room.
- f) Social functions outside the hotel are supervised and attended as a team only. Socialization should occur in groups and is subject to the rule of two. Meetings and other interactions between athletes, coaches, or chaperones shall take place in public areas of the hotel and do not occur in hotel rooms.
- g) Cell phones are not permitted at team meetings or team meals. Athletes are prohibited from taking pictures or recording videos of others in private situations (e.g., in bathrooms, when changing, or when sleeping) or in a secretive or disrespectful manner.
- h) Any damages or excessive mess incurred at a team rental house/hotel will be at the expense of the athletes assigned to that room, and further disciplinary action may be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas. Hotel rooms should be kept neat, with garbage removed regularly.
- i) Curfews will be established by the coaching/chaperone staff each day of the trip. There may be one curfew for skiers to be in their assigned rooms and another for lights-out and quiet. No team member may be out of their room after the room curfew, and the "no noise" policy must be respected. Permission must be obtained from the coach or chaperone to leave the room past this time (except in the case of an emergency)
- j) If a member becomes sick during an away Club event, they shall:

- be responsible for additional costs related to isolation or quarantine, including separate accommodations, transportation, medical fees, plus any additional costs associated with a coach or other adult providing additional support or supervision of a sick minor.

3.0 NON COMPLIANCE: ENFORCEMENT POLICY

Infractions of the SLNC Code of Conduct fall under two categories:

Minor infractions: Single breaches that have limited impact on the athlete, other athletes or individuals and/or the program as a whole and that generally does not result in harm to self or individuals.

Examples include:

- Single instances of disrespectful or rude behavior.
- Unsportsmanlike conduct.
- A minor disturbance or disruption after quiet time at camps.
- Other similar infractions of minor severity.

Major infractions: A single breach of significance or repeated breaches/behavior that has a serious impact on the athlete, other athletes or individuals, and/or the program as a whole. Examples include:

- Fighting
- Vandalism
- Theft
- Bullying
- Pranks, jokes, or other activities which endanger the safety of others;
- Possession or use of illegal drugs
- Consumption of alcohol or use of an illegal drug by a minor
- Repeated minor infractions

Infractions to the SLNC Code of Conduct will be dealt with as follows:

1. In the case of **minor infractions**, the Program Coach will schedule a discussion with the involved party(ies). The incident will be discussed, and strategies to improve conduct will be agreed upon. If this step doesn't achieve the desired results, a meeting with the involved party(ies), the Program Coach, the Program Director, and parent(s), if a minor is involved, will be coordinated by the Program Coach. Repeated minor infractions may result in the matter being considered a major infraction.

2. In the case of **major infractions** involving athletes, the coach will notify the Program Administrator and the parent(s) immediately or as soon as communication is possible. The coach may also pull the athlete from participating in an SLNC activity until such time as the Program Administrator and/or the parent(s) can be contacted. In severe

cases, an athlete may be sent home at the expense of the parents/guardian if attending an out-of-town event/activity. Should the program administrator determine that disciplinary action is warranted, the program administrator will recommend appropriate action to the club's Board of Directors. In severe cases, suspension from training and racing activities or expulsion from the club may result.

Please sign below agreeing to the above.

Athlete Name: _____ Signature: _____

Date: _____

Parent Name: _____

Parent signature (if an athlete is under 19)

Signature: Date: _____

PHOTO RELEASE:

Photographs are regularly taken during SLNC program activities and special events. I grant permission to SLNC and other associated cross-country organizations (e.g., Nordiq Canada, Biathlon BC, etc.) to use my/my child's photograph on its website, in exhibition space, and/or for fundraising, development, or public relations purposes.

Signature: _____

Parent/Guardian Signature (if applicable): _____

Date: _____