



Parent's / Guardian's Code of Conduct

As a member of the Vorlage Racing Club ("VRC"):

- I will be **courteous and cooperative** in my dealings with coaches, race officials, volunteers, athletes and other club members.
- I will treat all athletes, coaches, officials, volunteers and supporters with **respect**, regardless of race, gender, creed, or ability and encourage my child to do the same.
- I will place the emotional and physical well-being of athletes ahead of any personal desire to win realizing that athletes who feel they cannot meet their parents' or other people's expectations lose motivation.
- I will provide **positive support, care, and encouragement** for my child and **all** athletes participating in training, race events and other VRC activities.
- I will guide my son/daughter to help them understand the importance of the VRC Athletes Code of Conduct.
- I will encourage **good sportsmanship** by demonstrating positive support for all athletes, coaches, officials and volunteers at training, and local and away race events realizing that any verbal or physical abuse will not be tolerated by the VRC.
- I will **support coaches and officials** in providing a positive and rewarding sports environment for athletes and refrain from making critical comments.
- I will discourage the use of foul or abusive language or behaviour, the consumption of alcohol, and the use of illegal drugs or performance-enhancing substances among athletes.
- I will **inform** the VRC of any disability or ailment that may affect the safety of my child or others.
- I will **volunteer** my services in the interest of the VRC to the best of my ability, including participating in local and away race events.
- I will familiarize myself and my children with the policies and rules of ski racing, a consolidation of which may be found in the handbook at www.skioutaouais.qc.ca.

I have read and agree to abide by this Code of Conduct, and understand that any failure by a parent / guardian to respect this Code may result in my child's suspension or expulsion from VRC activities.