



VORLAGE CODE OF CONDUCT FOR U14, U16 and U18 COMPETITIVE ATHLETES

I believe that the true essence of sport is to strive for personal achievement and excellence through full and honest effort. I am committed to participating in sport with integrity, and to striving to win only by legitimate means. I pledge to learn, understand, and adhere to both the written rules of my sport and the accepted rules of fair play. I believe that violence and physical intimidation are harmful to sport, and I refuse to use such tactics in any form. I understand that officials, coaches, teammates, and opponents are all integral to sport and worthy of my respect. I will behave graciously in triumph or defeat. Travelling with the Team or Zone is a privilege and I will respect the training plan, rules, schedule and property of the ski hill, accommodation and of others.

Harassment/Bullying

Athlete Initial

- I agree to participate in a sporting environment in which all individuals are treated with respect and dignity. I believe every individual has the right to participate in an environment which promotes equal opportunities and prohibits discriminatory practices.
- I will not participate in any behavior, in person or online, which is insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to any individual, or group of individuals, or which creates an uncomfortable environment for my teammates, fellow competitors, coaches or officials.

Respect for others

- I will act with respect toward all those I come into contact with through sport.
- I will not endanger the safety of others through my actions.
- I will respect the individual efforts of others while training or at a race.

Respect for self

- I will act with fairness and integrity in the pursuit of excellence in sport.
- I will come to training mentally and physically prepared, with equipment that ensures my safety and the safety of others.
- I will avoid the use of alcohol and illegal drugs.

Respect for sport

- I will strive for personal excellence in sport.
- I will honor and respect the spirit and traditions of sport.
- I will not impede the preparation for competition of other competitors or teammates.
- I will respect the decisions of judges and officials.

Respect for Vorlage Racing Club

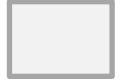
- I accept Vorlage Racing Club's rules, policies and procedures governing events and competitions in which I participate.
- I will comply with the reasonable requests of officials of the Outaouais Ski Zone, Vorlage Racing Club and any other region in which I may race.
- I accept that I am an ambassador for skiing and the Vorlage Race Club and its members.
- I will refrain from any action which might bring the sport of skiing or the Vorlage Racing Club into disrepute.

Respect for property

- I will respect the property and livelihood of others, which means refraining from vandalism, theft, and other forms of mischief. I am a guest at Ski Vorlage and will respect the property of the mountain.

Consequences of a failure to comply with this Code of Conduct may include

- *Suspension from training, club events and training camps.*
- *Suspension from Outaouais Ski Zone races.*
- *Suspension from Provincial Championships.*
- *Termination of membership in the Vorlage Racing Club.*



Disciplinary action may escalate should there be subsequent infractions.

ATHLETE NAME

PARENT SIGNATURE

ATHLETE SIGNATURE

DATE