

Ski Quebec Alpin/VRC Athlete Code of Conduct

To benefit optimally from the practice of sport or leisure, the athlete, or the participant must have an attitude and behaviour which derive from the purest sportsmanship or camaraderie.

The important thing is not to win or lose, but the way she or he practices the discipline (sports or leisure). She or he should never lose sight that this is a game. To get the most fun, any player, athlete, or participant will have to:

1. Play for fun while remembering that the practice of sport or leisure is not an end in itself, but a means;
2. Strictly observe the rules of the sport and the charter for sportsmanship
3. Accept and respect the officials' decisions at all times;
4. Always show respect to officials, opponents, and their supporters, fostering positive relationships rather than allowing them to become adversaries;
5. Always remain in control of yourself;
6. Have exemplary conduct on and off the sets, using language without insult, vulgar expression, or profanity;
7. Respect your coach and managers and follow their instructions as long as they prioritize your health and well-being;
8. Commit your full effort to the sport, maintaining resilience in the face of failure and humility in times of victory;
9. Respect the property of others and avoid theft or vandalism;
10. Refuse and not tolerate the use of drugs, medication, or any stimulant to improve performance;
11. Know that no abuse, harassment, negligence, violence, or inappropriate behaviour is tolerated, and report immediately to the coach or any person in authority any such act committed against another person or yourself;
12. Read the "athlete" section of the www.sportbienetre.ca platform.
13. Use social networks, the Internet, and other electronic media in an ethical and respectful manner towards colleagues, coaches, and managers, not to use it to provoke the opponent or another member.
14. Ensure that everyone is treated with respect and fairness.

Athlete Name & Date _____



SKI QUÉBEC ALPIN

