



## TRAINEE RULES

Please remember that SPSRC is a serious race club striving to meet your needs to help you progress in ski racing. The club only wants athletes in the club and on its camps who take racing seriously. As part of these aspirations we expect high levels of behaviour. If we feel an athlete has broken any of the provisions below or let the club down in any other way, we are likely to take disciplinary action. This will always involve a discussion with your parents surrounding the most appropriate course of action. In extreme cases poor behaviour may result in being sent home from a camp or expulsion from the club.

At all times we expect the following to be observed:

1. Athletes should not abuse alcohol, smoke or take drugs of any description unless for medical purposes under the supervision of a parent or club official.
2. Bullying will not be tolerated! Remember we are a team and we should be there for each other. Do not gang up against other children for any reason.
3. Older children are expected to bring to the attention of the houseparent, coach or trainers anyone suspected of bullying or behaving in a dangerous fashion.
4. Bad language from either girls or boys is not acceptable.
5. Helmets must be worn for racing and training at all times.
6. The wearing of offensive/explicit logos or pictures is prohibited.

In addition we expect the following to be observed when you are away on camps with the club:

7. Whilst you are in the hotel or apartments in which we are staying, noise should be kept to acceptable levels so as not to offend other residents or the staff.
8. For reasons of safety you are not allowed to go on to the hotel balconies, unless with permission from the houseparent or a camp trainer.
9. If you want to invite friends from other clubs back to the hotel it must be before bedtime. Socialising must be kept to the reception areas.
10. Boys and girls are not allowed in each other's rooms - socialising must be kept to the reception areas, unless with the permission of the houseparent.
11. Intimacy between boys and girls is not allowed.
12. You are not allowed to interfere with or borrow any other trainee's property without first asking their permission.
13. You are not allowed to go out of the hotel without first asking permission from the houseparent or coach/trainer. Then you will only be allowed if you have a friend to accompany you.
14. On some camps, older children may be allowed to go out on the last night. We will expect you to behave sensibly and not to betray our trust.
15. Sometimes the houseparent will insist that you have a rest in the afternoon. This is to enable you to give your best for the duration of the camp and being over tired will not help you.
16. Everybody is expected to go to prize giving whether they have won a prize or not. Please give maximum support for your team.
17. Matches, lighters and fireworks are dangerous and cause fire - they are not to be brought to camps or purchased whilst attending a camp.
18. Speed on the mountain should be kept at a sensible level, whilst you are skiing with the general public.

I have read all of the above rules and understand and agree to them:

Name of trainee \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name of parent \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_