



Sandown Park Ski Race Club ("SPSRC") – Codes of Conduct

1. Code of Conduct - Parents

As parents/carers attending SPSRC Dry Slope sessions and/or Race/Training camps, we ask you to support our Codes of Conduct and embrace the spirit of our Club and the sport.

Parents' Guidelines for the Dry Slope

Parents are expected to:

- 1) Remain present at the slope while their child/children is/are training on the Slope or in Fitness Sessions, or to make arrangements with another parent to act as a temporary guardian. It is not acceptable to drop and leave children at the Slope without making specific arrangements.
- 2) Not go on to the slope during training unless requested by one of the SPSRC Coaches.
- 3) Not coach their own or any other children during the training sessions.
- 4) Support and encourage their child (children) to do their best.
- 5) Support and encourage other athletes.
- 6) Support the SPSRC Coach(es) and leave technical advice and comments to the SPSRC Coach(es), both on and off the slope.
- 7) To be respectful towards the SPSRC Coach(es) - any concerns must be channelled through the SPSRC committee.
- 8) Not use inappropriate language or gestures, including foul, sexist, abusive, racist or prejudicial language.
- 9) Not make negative remarks about your own child, other athletes or SPSRC staff.
- 10) Not challenge decisions made by coaches or team managers (unless a safeguarding concern), and to, at all times, act reasonably and professionally towards all SPSRC staff.

Parents' Guidelines for Snow Camps

Parents are expected to:

- 1) Support and encourage their child/children to do their best.
- 2) Support and encourage other athletes.
- 3) Support the SPSRC Coach(es)/House Parent(s) and agree it is not the role of Parents on camps to help their child/children prepare for the race (mentally or physically).
- 4) Support the SPSRC Coach(es) and leave technical advice and comments to the SPSRC Coach(es), both on and off the piste, and in the Start area.
- 5) Be respectful towards the SPSRC Coach(es)/House Parent(s) and channel any concerns through the SPSRC committee.
- 6) Not use inappropriate language or gestures, including foul, sexist, abusive, racist or prejudicial language.
- 7) Not enter the bedroom of any athlete for any purpose, if present in the resort.
- 8) Not make negative remarks about your child/children, other athletes or SPSRC staff.
- 9) Not challenge decisions made by coaches or team managers whilst they are acting in loco parentis, whether this is regarding the coaching, racing or pastoral care (unless a safeguarding concern), and to, at all times, act reasonably and professionally towards all SPSRC staff.
- 10) Travel to any camp within 24 hours of being notified, should the SPSRC Coach(es)/House Parent(s) deem this to be necessary.

2. Code of Conduct – Athletes

SPSRC is a race club striving to meet your needs as you progress in skiing. As part of these aspirations, we expect high levels of behaviour and conduct. The club only wants athletes in the club and on its camps who take racing seriously.

Athletes attending camps are representing SPSRC at all times and should set a good example to others. If we feel an athlete has broken any of the rules 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. Poor or irresponsible behaviour may result in being sent home from a camp and/or being excluded from club activities. In extreme cases, athletes may be expelled from the club.

At all times, we expect the following to be observed:

Athlete behaviour and conduct on the slopes and during fitness and ski servicing sessions

1. Athletes must show respect for others and behave in such a way that they do not endanger or prejudice other athletes, SPSRC staff or other individuals.
2. Speed on the mountain should be kept at a sensible level whilst you are skiing with the general public and you should always follow official signs and markers on the mountain.
3. Respect the resort/facility rules, both at home and away, and do not damage or interfere with resort/facility equipment.
4. Helmets, back protectors and gloves must be worn for racing and training at all times, and gloves must be worn for ski servicing. Athletes must wear clothing that is appropriate for the activity and/or weather, including long sleeves/trousers for ski training and ski servicing, and non-slip footwear for fitness.

Athlete behaviour and conduct off the slopes

In addition, athletes are expected to observe the following when away on camps with the club:

5. In the hotel or apartments noise should be kept to a minimum so as not to offend other residents, the staff or other members of SPSRC.
6. Socialising with members of other clubs may only take place in communal areas of the hotel. Guests of either sex are not permitted in athlete rooms.
7. Under no circumstances are boys and girls allowed in each other's rooms - socialising must be kept to the communal areas.
8. You may not interfere with or borrow any other athlete's property without asking their permission first.
9. For safety reasons, you are not allowed to go on to hotel balconies.
10. You may not go out of the hotel without permission from the houseparent or coach. If given permission, you may only leave the hotel if accompanied by at least one other athlete.
11. Bullying will not be tolerated. Remember we are a team, and we should support each other. Do not gang up against other children for any reason.

12. Children are expected to tell a houseparent, coach, or club welfare officer (welfare@spsrc.org) if they suspect anyone of bullying or behaving in an irresponsible manner.
13. Athletes are not permitted to drink alcohol, smoke or take illegal drugs of any description. Any medication must be taken under the supervision of the athlete's parent, a houseparent or coach.
14. Offensive language is not acceptable and will not be tolerated.
15. The wearing of offensive/explicit logos or pictures is prohibited.
16. Matches, lighters and fireworks are dangerous and cause fire - they are not to be brought to camps or purchased whilst attending a camp.
17. Sometimes the houseparent will insist that you have a rest in the afternoon or go to bed early. This is to help you recover and enable you to give your best for the duration of the camp. Athletes are expected to respect this request.
18. All athletes are expected to go to prize giving, whether they have won a prize or not. Please give maximum support to your team.
19. All athletes must abide by the SPSRC Electronic Devices policy. All phones and electronic gadgets will be collected at night by the houseparent. All athletes are expected to abide by this rule.
20. Athletes are expected to eat sensibly and healthily during the camp; sweets and fizzy and/or caffeinated drinks are not suitable snacks for athletes and are not permitted. For the safety of other individuals, SPSRC camps are nut-free.