



**2018/2019
MBSEF Code of Conduct
For Athletes and Parents**

The MBSEF Board of Directors stands behind our Code of Conduct and take these matters seriously. Participating in MBSEF is a privilege and each athlete should know and understand the following rules. Violations of rules and policies will result in disciplinary action imposed by MBSEF Coaches and the Executive Director.

Serious violations will be reviewed by a Board Ethics committee and a fair review with the athlete and parents will be held. All punishments imposed by the Ethics committee are subject to appeal by the athlete. An MBSEF Board of Directors approved Appeals Committee will review, evaluate and recommend action to be taken by the Board, based on a case presentation by the athlete through a formal review.

The Discipline imposed for violations of the Code of Conduct are as follows:

Serious Violations:

- Breaking the law while participating with MBSEF.
- Conduct detrimental to the program while traveling.
- Use of tobacco, alcohol or illegal drugs.

First Violation: Two week suspension of all team activities.

Second Violation: Removal from MBSEF program without refund.

Other Violations:

First Violation: Verbal and Written Warning.

Second Violation: Removal from training or practice for one week.

Third Violation: Removal from next competition (no matter the importance of the event).

Fourth Violation: Removal from MBSEF program without refund.

Athlete Requirements and Responsibilities

Every participating member of MBSEF agrees to:

- Maintain a minimum of 2.25 GPA.
- Represent yourself, the sport of alpine, cross country, freeride snowboarding and skiing, and MBSEF with the highest level of integrity. This reflects the professional attitude that our program and all enrolled athletes will work to achieve.
- Represent yourself in a respectful manner at all times. This includes, but is not limited to, all team activities, training on and off the hill, at home and away-races/competitions, camps and all other related activities.
- Maintain a high level of personal responsibility for yourself.

Athlete Requirements and Responsibilities Continued

- Be courteous to and respect the decisions of the coaching staff, race and competition officials and all ski area employees and personnel.
- Follow and uphold the rules and code of conduct set forth by MBSEF, Mt. Bachelor LLC., USSA, USASA, and PNSA.

Sportsmanship and General Training Rules

Each athlete is expected to conduct themselves in a sportsmanlike manner. Each participant is responsible for their own actions while training, racing at home or away, traveling, and while involved in any team activity. Athletes will:

- Not use alcohol or illegal drugs while participating with the team.
- Refrain from the use of any tobacco products.
- Refrain from profane, abusive, or offensive language.
- Conduct themselves with honesty without stealing or misrepresentation whatsoever.
- Show self-control and consideration for others without injuring or bullying others.
- Respect other peoples' belongings without tampering with other athletes' equipment and personal belongings.
- Have the inherent desire to learn and never interfere with or prevent others from learning.

MBSEF Office Rules

Every participating member of MBSEF agrees to:

- Conduct themselves quietly while in the MBSEF office.
- Clean up after themselves and place trash in garbage containers.
- Drive slowly and carefully in the parking lot.
- Use side street parking for overnight and extended trips.

Junior Race Center and Nordic Lodge Rules

Mt. Bachelor graciously allows us to use the Junior Race Center and the Nordic Lodge. Please understand the following rules will be enforced:

- Clean up after yourselves and place all trash in the garbage containers.
- Assist in the cleaning of the cafeteria, without being asked by your coach. Athlete groups will be assigned each week to lead cleanup of the cafeteria and lunch tables.
- No bullying: Bullying is unwanted, aggressive behavior that includes the following:
 - Verbal bullying: teasing, name-calling, inappropriate comments, taunting and threatening to cause harm.
 - Social bullying: leaving someone out on purpose, telling others not to be friends with someone, spreading rumors, and embarrassing someone in public, or through social media.
 - Physical bullying: Hitting/kicking/punching, spitting, tripping/pushing, taking someone's things, making mean or rude gestures.
- Please stay out of other people's belongings.
- Refrain from profane, abusive or offensive language.

Junior Race Center and Nordic Lodge Rules Continued

- Please no stickers, writing on or defacing the walls of the JRC or Nordic Lodge.
- Tuning benches and floors must be swept after personal use.
- Only coaching staff may operate video equipment, radios and drills.

MBSEF Van Transportation Rules

MBSEF owns and maintains a fleet of vans. Providing transportation to athletes is an expensive portion of our budget. MBSEF asks all athletes to:

- Clean up after yourselves in the vans. Do not spill food and drink, or dirty the vans.
- Be respectful of property that is not yours. Do not cause undue wear and tear on the vans through care-less, reckless or intentional abuse.
- All athletes must wear seat belts at all times.

I have read the MBSEF Code of Conduct, understand the Code, and agree to abide by it. I further understand that not following this Code of Conduct could cause my removal from the program:

(Athlete Printed Name)

(Athlete Signature)

(Date Signed)

(Parent Printed Name)

(Parent Signature)

(Date Signed)