



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.

Respect for others

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

Respect for self

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

Respect for sport

- I strive for personal excellence in sport.
- I honor and respect the spirit and traditions of sport.
- I do not impede the preparation for competition of other competitors or teammates.
- I 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 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 refrain from any action which might bring the sport of skiing or the Vorlage Racing Club into disrepute.

Respect for property

I 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.

Failure to comply with this Code of Conduct may result in disciplinary action. Such action may result in the athlete losing the privileges that come from membership in the Vorlage Racing Club, including the opportunity to participate in Outaouais Ski Zone activities and Club Events and Training Camps.

ATHLETE NAME

PARENT SIGNATURE

ATHLETE SIGNATURE

DATE