

Apex Freestyle Club Athlete's Code of Conduct

The Apex Freestyle Club's goal outlines several values we honour and expect our members to adhere to: safety, respect, integrity, team commitment and excellence. We want an environment for training that respects each athlete, parent, coach, official and members of the public. Safety is our foremost consideration and will apply to both dry land training, water ramping and on-snow activities.

- **Our programs are not open to continuous negotiation.** There will be some activities, drills and exercises that may not be 'fun'. These exercises are however part of improving the strength, flexibility, agility and stamina of the athlete and without these activities you will not be as strong. We have hired the best coaching staff possible and fully support their judgment in program development and execution. All athletes will be expected to participate in all activities.
- **Positive attitudes and work ethic drive performance and create healthy environments.** All athletes need to realize that their training efforts are the payment in advance for their desired results. The Competitive Team does not contain a babysitting element. The coach is in charge and it is the responsibility of the executive to ensure that they exercise their authority responsibly. It is understood that you have selected a program that will assist you in becoming stronger in the competitive side of our sport. We cannot create a work ethic for you. You must show up with it and we are more than happy to encourage it.
- **Individual conduct affects the public and internal perceptions of the club.** We are responsible for the reputation of the club when we participate as a group. We encourage the best in citizenship because what you do with us as a group is our responsibility. Personal appearance, language, and respect of others is of utmost importance.
- **We exist for the athletes.** Our goal is to help you achieve your goals in a safe, fun, and focused positive environment.

The following behaviours are never acceptable:

- Harassment
- Bullying of fellow athletes, both verbal and physical
- Fighting
- Breaking of ski area rules (examples include jumping off of lifts, throwing equipment from chairs, skiing out of bounds and disregarding closed signs and ropes.)
- Interfering with the training of others and or disrupting the group. For example, throwing a temper tantrum, taking off from the group, not waiting for the group, arguing with the coaches about where to ski and what to do and not listening.

Coaches will be responsible for upholding these rules, determining disciplinary actions and communicating any problems with parents.

In addition, upon accepting this code, all athletes acknowledge that:

- They are responsible for all of their actions
- The use of illegal substances and alcohol will not be tolerated
- Improper behaviour and wilful destruction of property is not tolerated
- Anything interfering with the training of other athletes is not tolerated

The penalty of any infraction of the above codes, at any freestyle venue, can lead to punishment ranging from missing the remainder of the scheduled training session to total dismissal from the club. These penalties are decided by the Apex Freestyle Club Board of Directors, in consultation with the Head Coach and are not open for discussion.

By acknowledging this document, I agree that I will not infringe on any of the above rules, as they are set down for my own safety, the safety of other club members and the integrity of the Apex Freestyle Club.

Name:

Signature:

Date: