

## Highlands Trailblazers Track Attack Code of Conduct

The purpose of this code of conduct is to outline the expectations of all athletes who wish to participate in the Highlands Trailblazers Track Attack program. Athletes in the Learning to Train and Training to Train stages of development must learn the importance of responsibility and commitment if they are to develop their cross-country skiing skills in an environment that is enjoyable for their teammates and themselves.

### Guidelines

Athletes should always demonstrate good sportsmanship and show respect for other competitors, officials and coaches by;

1. Striving to be positive and supportive of others
2. Working as a cooperative member of the team
3. Listening to the coaches and always giving their best effort
4. Following the directions of race officials and accepting their decisions

### Rules

Athletes will be responsible for:

1. Ensuring that they come to practices and races dressed properly, adequately rested and properly nourished and hydrated so that they can perform at their best.
2. The care and maintenance of their own equipment. Assistance with ski preparation will be provided by parents or coaches at the request of the skier. Equipment will be put away in lockers or returned to the Highlands Nordic rental shop after use.
3. Cleaning up after themselves and their teammates in the Highlands Nordic chalet, the team room and when visiting other clubs.
4. Representing the Trailblazers club in the best way possible by behaving appropriately when on the trails, inside the chalet and when on trips to other clubs.
5. Not smoking or using drugs, alcohol or banned doping substances. Athletes who break this rule will be suspended from the team.

Athletes are encouraged to ask questions and provide feedback to the coaches. The coaches will commit to listening to the athletes and will strive to ensure that all skiers have the opportunity to have an enjoyable season, improve their skiing and work towards achieving their personal goals.

### Agreement

I, by signing this document, indicate that I have read, understand, and agree to follow the Highlands Trailblazers Track Attack Code of Conduct.

\_\_\_\_\_  
Skier's name

\_\_\_\_\_  
Skier's signature

\_\_\_\_\_  
Parent's name

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date