



Members Code of Conduct

This document applies to all participants at any event (coaching, social, fitness, competitions) delivered by, or on behalf of Aberdeen Snowsports Club, at any venue. It also applies to our members representing ASC at any external event.

Athlete

- Behave sensibly and responsibly at all times - for example in lift queues, public transport, cafes etc.
- Respect and follow the instructions of the coaches and volunteers – listen and ask questions if you do not understand.
- Be a good ambassador for the Club
- Look out for, help and encourage each other – we are a Team
- Be aware that any behaviour that may adversely affect another member of the Club or the public is not accepted. Bullying in any guise, will not be tolerated. The same applies to any behaviour that may bring Aberdeen Snowsports Club into disrepute
- Helmets are compulsory. Back protection is highly recommended. It is the athletes responsibility to look after their own equipment
- Trainees must follow The Skier's Code. The International Ski Federation (FIS) has established rules for the conduct of skiers and snowboarders. In short, they are
 - RESPECT. Do not endanger others
 - CONTROL. Adapt the manner and speed of your skiing to your ability and to the general conditions on the mountain
 - CHOICE OF ROUTE. The skier/snowboarder in front has priority - leave enough space
 - OVERTAKING. Leave plenty of space when overtaking a slower skier/snowboarder – they can make sudden unexpected movements!
 - ENTERING and STARTING. Look up and down the mountain each time before starting or entering a marked run

- o STOPPING. Only stop at the edge of the piste in view from above
- o CLIMBING: When climbing up or down always keep to the side of the piste
- o SIGNS. Obey all signs and markings - they are there for your safety
- o ASSISTANCE. In case of accidents provide help and alert the Ski Patrol
- o IDENTIFICATION. Every skier, snowboarder and witness whether a responsible party or not, must exchange names and address following an incident

Parent/Guardian

- Please ensure that the child or athlete in your care is made aware of and understands the Athlete Code of Conduct above
- Respect and encourage all trainees, not just those in your direct care
- Treat other parents/guardians respectfully, as you would want them to treat you
- Respect the coach's professional input and the process they are going through with your athlete. They are all fully qualified to look after and develop your child in the context of Snowsports and related activities. Those activities and the coaching process you have placed them in will have significant positive benefits in all aspects of their lives
- Ensure that the coaches are made aware of any important information (new or ongoing) about the wellbeing of your child that may affect their ability to participate in the planned activities
- Should you have any concerns about your or any other child, please make their Coach aware of the issue as soon as possible. It is always easier to manage the situation the earlier it is raised, and often very difficult to deal with after the event.
- If you have concerns about your child's Coach, raise this with the Head Coach, a Committee member, the club Child Welfare Protection Officer (CWPO – contact details on club website) or any supervising adult as soon as possible
- Please remember that the majority of the adults involved with any event are volunteers, and they will be able to distinguish help from interference!
- Understand that we will almost always accept offers of help!

Please also ensure that you are aware of and adhere to all the Covid -19 guidance. DO NOT come along to training/events if you or your family have any symptoms of, or have tested positive for Covid-19

Failure to follow the ASC Code of Conduct and Covid-19 Guidance may lead to the trainee being excluded from training with the Club for a particular day, potentially the rest of the season, or ultimately lead to Termination of membership. The club has a clear procedure for dealing with discipline and complaints, which can be read on the website, along with supporting Policies and Guidelines.