



ATHLETE/PARENT CODE OF CONDUCT

To ensure that athletes have the best learning environment during any club function or activity, the Lifeski Academy (the club) has established the following Code of Conduct for all athletes and their parents.

1. Physical Conditioning. It will be the athlete's responsibility to remain in good physical condition throughout the ski season. Stretching everyday can help prevent injuries and increase flexibility will improve overall performance. Quality sleeping time is also necessary for any athlete in order to recover and rest, minimum 8 to 9 hrs a day. It is also the athlete's responsibility to be in good mental, physical condition including nutrition.
2. By joining the team the athlete and coaches have made a commitment and will be expected to fulfill all commitments. Athletes are responsible for protecting own health, put distinct effort to prevent illness and injury.
3. The club coaches will not tolerate poor attitudes or behaviors. The athlete will be asked to leave if the coach feels he/she is disrupting the group and interfering with the program.
4. On time - Athletes will show up on time for scheduled training. The group will not wait for late arrivals; it is up to the athlete to find the group if they arrive late.
5. Parents/athletes, please contact the head coach ahead if the athlete must miss important dates.
6. Ensure all equipment is in proper working condition. It is the athlete's responsibility to arrive at each training session and competition with working equipment.
7. Athletes, parents and coaches will follow the club, CCO, CCC, and FIS policies of the use of all banned substances, alcohol and smoking.
8. Athletes are expected to reduce their personal time on electronic devices in order to prolong good quality rest and recovery during regular days, training camps, and/or racing trips. No cell/smart phone use shortly pre-, during and post-practice for browsing.
9. Athletes will be asked to perform at their best individually while supporting the team as a whole. Any concerns regarding teammates will be brought up with the coach and will be handled with the best interest of the team in mind.
10. Our athletes, parents and coaches will respect all users and working staff of all practicing, racing and other events facilities. Only the coaching staff will handle any conflicts with other users.
11. It is in athletes and parents best interest to lead the developing athletes to self-sufficiency, independency, punctuality, and neatness when organizing their own training and racing time.
12. Parents are key to making a club operate. The club needs parent volunteers to assist at practice days, competitions and regional events.

13. These policies are to be respected by the athletes, parents, and coaches. Any disagreements or questions about them can be discussed with the head coach at any time and disciplined if required.
14. Athlete/parent can terminated the club membership any time. However, final refund arrangement will be up to the head coach/club owner discretion.