

ATHLETE'S AGREEMENT

Athletes must familiarize themselves and abide by the rules and regulations of Lifeski Academy (the club), Southern Ontario Division (SOD), Cross Country Ski Ontario (XCSO), and Cross Country Canada (CCC). It is each athlete's responsibility to:

1. Represent the club, SOD, XCSO, CCC, and the sport of cross country skiing and beyond in a dignified and responsible manner.
2. Make a best effort to attend all team functions including training sessions, camps, courses and competitions as requested by the club coaches. Notify coaches well in advance if unable to attend or leave early.
3. Communicate effectively including checking emails regularly and replying in a timely fashion.
4. Provide coaches with training related data such a training log, training/racing measures, illness and injury treatment plans.
5. Ensure that own equipment is in good condition for practices and events.
6. Wear appropriate clothing for the practice or event and afterwards, and bring water bottles, holders and watch or heart rate monitor as instructed by coaches.
7. Wear helmet at all times during roller ski/roller blade/road bicycle/scooter training and/or competition times.
8. Treat with respect any equipment borrowed from the club and replace it if damaged or lost. Treat personal, team members' and coaches' equipment with the same respect.
9. Be responsible for having pre-waxed skis for practices, SOD races, and pre-race warm ups if have not been arranged otherwise.
10. Abstain from the use of banned substances, illegal drugs or alcohol https://www.wada-ama.org/sites/default/files/resources/files/2016-09-29_-_wada_prohibited_list_2017_eng_final.pdf
11. Maintain respect and consideration towards the public, coaches, administrators, volunteers, officials, and other athletes.
12. Maintain a good work ethic, positive attitude towards team members and oneself, and contribute positively to team spirit.
13. Behave in such a manner as to provide a positive role model for younger skiers within the club and beyond.
14. In any trip be punctual and respect individuality, personal time, study habits, and curfews.



15. Respect decisions that the coaches committee may provide concerning disciplinary action of athletes not adhering to the Code of Conduct and Athlete's Agreement.

I _____ have read and agree to be bound by the club Code of Conduct and Athletes Agreement.

Athlete signature _____ Parent signature _____

Dated at _____, ON this _____ day of _____

PARENTS AGREEMENT

Parents/guardians are expected to:

1. Support the club coaches, respect their knowledge and expertise, and provide respectful feedback to the coach in private rather than in public.
2. If seeking outside coaching for athlete (e.g. weight training, nutrition, cross training, etc.) consult with the coaches and seek their agreement.
3. **No direct coaching of own children during or out of any team activities, nor arbitrary changing of already designed training program, practice, camp and race schedule unless advised otherwise.**
4. Provide athletes with appropriate equipment for practices and races, and accept coaches' waxing decision and arrangement. Follow the SOD, XCSO, and CCC (non-fluoro a/low-fluoro) Waxing Protocol if applied.
5. Please inform the coach when you and/or your children must depart from the group earlier.
6. If the athlete is going to attend any camp or practice organized by another XC ski club or team, coaches must be notified in advance and a training plan of the event needs to be provided.
7. Ensure that athletes under 16 years of age are accompanied by an adult on any out-of-home-field skiing or running event.
8. Ensure that the athlete has suitable accommodation arranged and finances available when attending an event with the club.
9. Assist the athlete and coaches by being punctual, communicating effectively including checking emails regularly and replying in a timely fashion.
10. Consult regularly with coach an athlete's educational program, recovery routines, illness and injury treatment plans.



- 11. If athletes are traveling as a group we may need to rely on parents to help gather people, arrange payments for accommodation, event fees and food for athletes and coaches
- 12. Pay own share to cover all to races and off-home-field training camps transportation and accommodation cost for a paid coach and/or volunteer unless arranged otherwise.**
- 13. The club reserves all rights to discipline or prematurely terminate the club membership in case of breaching the Athlete/Parent Code of Conduct. Two weeks' notice will be given and a pro-rated refund will be provided.

I _____ have read and agree to be bound by the club Code of Conduct and Parents Agreement.

Parent/Guardian signature _____

Dated at _____, ON this _____ day of _____

Media Waiver

The Lifeski Academy strives to showcase the achievements of its members whenever possible. There may be occasions during the year when a member will be photographed when participating in a club related event. We would appreciate receiving your permission to include any photographs of the member on our website and associated social media or in any published articles with the provision that these will not be used for commercial gain nor will they be included in any printed commercial material.

Athlete name _____ Athlete signature _____

Parent signature _____

Dated at _____, ON this _____ day of _____