

Cooper Spur Race Team Code of Conduct - Athletes

Athletes, coaches, officials, parents, and volunteers are expected to follow a Cooper Spur Race Team Code of Conduct, which is based on the United States Ski Association (USSA) Code found in the USSA Alpine Competition Guide.

Athletes shall maintain high standards of moral and ethical conduct including, but not limited to: Self Control, Responsibility for behavior, honesty, consideration, and respect for others, treating people and their property with respect, and sportsmanship.

Guidelines and Rules for Training

1. Be on time for all team activities. If you are going to be absent or late, you must notify your coach in advance.
2. Come prepared with properly tuned skis for the events we are training each day.
3. Use of portable music players such as Ipods and mp3 players are prohibited on the hill.
4. Helmets and goggles are mandatory for all CSRT Training.
5. Mouth guards are strongly recommended for all J4 and older elite level athletes.
6. Early release athletes must be responsible to communicate their absence with their teachers.
7. Athletes are expected to bring a positive attitude to training and always give their best effort at training and races.

General Rules and Conduct

1. Be responsive and courteous to officials, parents, and volunteers.
2. Treat your teammates and coaches with respect.
3. The use of tobacco, alcohol, and drugs is strictly prohibited and will lead to dismissal from the Cooper Spur Race Team.
4. Violent or aggressive behavior, hazing, and sexual harassment will not be tolerated and will lead to suspension from training with Cooper Spur Race Team
5. Athletes will display mature and appropriate temperament at all CSRT activities, events, training, and races.
6. Dishonesty will not be tolerated and will lead to dismissal from the Cooper Spur Race Team.
7. The use of profane, obscene or abusive language will not be tolerated.
8. The Ski areas are our hosts and respect of their property applies. Clean up after yourselves. Be respectful of resort and ski area personnel and other guests.
9. Good Sportsmanship is required of our athletes at all times: including training, and races.

Ski Area Rules and Safety:

The Cooper Spur Race Team is very fortunate to have the opportunity to train at all Mt Hood Ski Areas including: Mt Hood Meadows, Cooper Spur, Skibowl, and Timberline. Your way of saying Thank you is to always adhere to Ski Area rules and follow the Skier's Responsibility Code. Cooper Spur Race Team athletes are expected to always ski in a safe manner at all times. It is critical to be aware of conditions, terrain, obstacles, and people around you while you are skiing and training.

The Cooper Spur Race Team coaches reserve the right to encourage and enforce the Athlete Code of Conduct and safety and behavior guidelines. After one warning the coaches may dismiss uncooperative athletes from training. After a second warning parents will be notified. More serious matters will involve the Head Coach, Program Director, and athlete's parents.