

## **CODE OF CONDUCT**

### **Presentation**

Athletes are expected to dress in an appropriate manner in order to reflect a positive image on themselves and the rest of the team. Athletes will be expected to wear the team travel kit when traveling. They are also expected to wear team clothing when training (skiing & physical) and at official functions such as prize giving ceremonies.

### **Travel**

All staff and athletes are expected to be pleasant, polite and respectful towards restaurant, hotel, airline, and ski area staff as well as to each other at all times.

### **Accommodation**

It is each person's responsibility to keep his or her own room tidy & well organized. Athletes are expected to respect the privacy & belongings of their teammates & are therefore prohibited from entering another athletes' bedroom (regardless of gender or location) at any time.

### **Personal Belongings**

Athletes in the U16 teams and younger are expected to hand in all important documents and valuables to Excel houseparents for safekeeping. Any personal belongings are brought at the each athletes' own risk.

### **Medication**

Athletes under the age of 18 are expected to hand in any & all medication they are using to the houseparent on the first day of each camp. Inhalers & Epi-Pens can be kept for "on hill" emergency use only. All athletes must notify staff if using any medication of any kind.

### **Curfews**

Coaches and house parents may set curfews; they will reflect the age and needs of each athlete/team.

### **Bullying**

Excel will not tolerate bullying of any kind. Athletes should be (at the very least) respectful of their fellow competitors and teammates. All Excel athletes have a responsibility to ensure that they are fair and considerate to each other.

### **E-Safety**

Excel athletes are expected to use mobile phones, the internet, Facebook and other forms of social media appropriately and in a way, that does not bring either themselves, Excel or the sport of Alpine Ski Racing into disrepute.

#### **Overseas Laws**

Excel athletes are required to abide by the laws governed by the country / countries where we may train or compete. This includes age appropriate laws for driving & alcohol.

#### **Disciplinary Process**

Minor cases (misconduct) will be dealt with in-house through verbal reminders, written warnings and missed ski days / camps. In repeat or more severe cases (Gross Misconduct), the relevant parent(s) will be contacted immediately & athletes may be removed from the program with immediate effect. In cases where athletes are sent home, this will be at the athletes' own expense.