

Pinnacle Race Team's Code of Conduct

Athletes participating on the Pinnacle Race Team (PRT) are expected to represent themselves and their team with honesty, integrity, and character whether it be athletically, academically or socially. Regardless of fees paid, participation on PRT is a privilege, not a right, and should be treated as such. It has many benefits and brings with it a responsibility to be positive and effective members of the team, family and broader community.

The Pinnacle Race Team, along with the student-athletes who participate, is a window into the sport of skiing. Student-athletes often are in the spotlight and, fair or not, their behavior is subject to scrutiny. The actions of one student-athlete may result in a generalization to all student-athlete skiers and reflects on the individual, Pinnacle Race Team, and the ski areas where they participate. It is expected that all student-athletes abide by PRT and ski area policies. Student-athletes who do not conform to this code may be subject to consequences for their actions that may include but are not limited to: a warning, on/off-hill disciplinary requirements, and dismissal from the team with or without financial refund. In addition to all PRT policies, student-athletes are expected to follow all city, state and federal laws.

A written copy of these team guidelines will be provided to all student-athletes on an annual basis and will be available online. This document must be read, signed and returned to the PRT Director prior to participation in the program.

Every participating member of PRT agrees to:

- Represent themselves, the sport of alpine skiing, and Pinnacle Race Team with the highest level of integrity. This reflects the professional attitude that our program and all enrolled athletes will work to achieve.
- Represent him/herself in a respectful manner at all times. This includes, but is not limited to: all team activities, training on and off the hill, at home and away races, camps and any other related activities.
- Maintain a high level of personal responsibility for him/herself.
- Be courteous to and respect the decisions of the coaching staff, race officials and all ski area employees and personnel.
- Follow and uphold the rules and Code of Conduct set forth by Pinnacle Race Team, the ski area, and USSA.
- Understand that participation with Pinnacle is a privilege that can be revoked. Each athlete will know and respect all rules, and will understand that violations of rules and policies will result in disciplinary action imposed by the Pinnacle's Program Director. Disciplinary action can include suspension from the team without refund.

SPORTSMANSHIP AND GENERAL TRAINING RULES

Each athlete is expected to conduct him/herself in a sportsmanlike manner. Each participant is responsible for his or her own actions while training, racing at home or away, traveling, and while involved in any team activities.

Athletes will:

- Not use alcohol or illegal drugs.
- Abstain from the use of any tobacco products.
- Use no profane or abusive language.
- Conduct themselves with honesty. No stealing or misrepresentation (lying) whatsoever.
- Show self control and have consideration for others. No one will be allowed to injure or bully others.
- Respect other people's belongings. Tampering with other athletes' equipment and personal belongings will not be tolerated.
- Have the inherent right to learn. No one will be allowed to interfere or prevent others from learning.

DAILY TRAINING RULES

Every participating athlete of the Pinnacle Race Team will:

- Be on time for designated training sessions and team activities.
- Notify your coach or call Pinnacle Race Team if unable to attend practice or any scheduled team activity.
- Dress in a responsible manner for the day's weather.
- Always carry your area's season pass or daily lift ticket while on the hill.
- Maintain personal ski equipment on a regular basis to ensure personal safety and optimum performance.
- Observe ski area rules.
- Inspect all training and racing courses unless otherwise instructed.
- Wear goggles while training. Sunglasses are not allowed.

- Assist in keeping training courses clear for other athletes.
- Refrain from using personal audio devices, except when free skiing or riding the lifts in non-gate drill sessions.
- Slip training courses before and after use, unless otherwise instructed.
- Assist with setup and tear down of training and racing courses unless otherwise instructed.
- Put equipment back in the same order it was found. If something is broken please notify your coach so that it may be fixed.
- NEVER yell or scream at a public skier who might cut in front of you, or happen to ski onto a team-training course.
- Be prepared for contingencies and changes of schedule.
- Bring your best attitude and behavior.
- Wear and use all race-related safety gear while training, racing at home or away, traveling, and/or while involved in any team activities. This includes, (but is not limited to); helmet, goggles, back protector, shin guards, face mask, hand guards.
- Follow the coaches instructions.

DAILY TRAINING RULES

Without the generous support of the Mt. Holly and Pine Knob Ski Areas we would not have a place to ski or train.

Please become familiar with and abide by these guidelines.

- Have your season pass or lift ticket with you at all times when skiing and training. No pass, no skiing.
- Have your pass ready to show to the lift attendant. EVERY TIME! It is their job to check passes.
- Show your pass in a courteous manner and REMOVE YOUR POLE STRAPS.
- Say "Thank you" when you get on the lift.
- Be cordial and respectful of all area employees and other skiers. The general skiing public always comes first.
- Pinnacle Race Team members are highly visible. Bring attention to yourselves by the way you ski, not by acting obnoxious, loud or disrespectful. Be on your best behavior on and off the ski hill, in the lift lines, etc. BE A RESPONSIBLE ATHLETE!!!!
- Cutting lift lines is not allowed. You do not have any special privileges at the ski area.
- Observe all ski area signs.
- No tucking on any slopes unless directed by the coach. Racing each other in a group is dangerous and it scares the general public.
- Use a "spotter" when jumping. Do not jump blindly.
- Avoid crowded trails and intersections. SLOW DOWN in crowds, at intersections, and before getting to the lift loading area.
- If stopped on a slope, always go to the side. Don't stop and stand in the middle of the trail.
- No foul language.
- In case of an emergency or accident, contact a ski patrol or go to the lift attendant at the bottom or top of any lift.
- Do as much positive promotion of Mt. Holly and Pine Knob as you can. YOU ARE A REPRESENTATIVE of Pinnacle Race Team. Through your positive actions the ski area and all skiers will be proud to support ski racing.

SKIER'S RESPONSIBILITY CODE

There are elements of risk in skiing that common sense and personal awareness can help reduce:

- 1) Ski under control and in such a manner you can stop or avoid other skiers or objects.
- 2) When skiing downhill or overtaking another skier, you must avoid the skier below you.
- 3) You must not stop where you obstruct a trail or are not visible from above.
- 4) When entering a trail or starting downhill, yield to other skiers.
- 5) All skiers shall use devices to help prevent runaway skis.
- 6) You shall keep off closed trails and posted areas and observe all posted signs.

This is a partial list. Be safety conscious! BE AWARE! SKI WITH CARE!

Officially endorsed by: National Ski Area Association

DISCIPLINE FOR RULES VIOLATION

Pinnacle Race Team considers each of the following a **Major Offense**:

1. Breaking the law while participating with Pinnacle Race Team or while wearing any PRT logo.
2. Use of illegal drugs.
3. Use of alcohol.
4. Use of tobacco.
5. Failure to wear any single piece of safety equipment.
6. Insubordination toward any coach regarding any safety-related issues

Punishment for a Major Offense:

1. First offense: Two-week suspension (this includes actual training days) from all team activities. If a week is rained out it doesn't count towards the two week suspension.
2. Second offense: Indefinite suspension from team and team privileges, and mandated return of any loaner equipment.
3. Any rule infractions endangering yourself or others may result in a 1-year suspension.

Pinnacle Race Team considers each of the following a **Minor Offense**:

1. Misbehavior.
2. Breaking curfew at any away race.
3. Lying.
4. Violation of ski area rules.
5. Violation of daily training rules.
6. Insubordination toward a coach and/or their directives

Punishment for a Minor Offense:

1. First offense: 1-7 training day suspension from all team activities. This includes any events that are missed, rain outs or cancellations or whatever the period of time it takes to reach the number of days.
2. Second offense: 7-14 day suspension.
3. Third offense: Considered a second Major Offense - Indefinite suspension.

Disciplinary Appeals Process

All punishments imposed by the rules, policies and Directors of Pinnacle Race Team are subject to appeal by the athlete. A Pinnacle Board of Director's approved Appeals Committee will review, evaluate and recommend action to be taken by the Board based on a presentation by the athlete during a semi-formal hearing.

Loss/Denial of Membership

Occasionally a club's positive and supportive environment may be disrupted by the actions of one of its membership. Often when the disruption continues, the Club suffers. The positive, enjoyable environment disappears and other members' progress is slowed. Because of this, your membership on the Pinnacle Race Team is a privilege that can be revoked. The club Director and/or Board of Directors reserves the right to expel an athlete from the club at any time during the program year. Further, the club's directorship can deny membership to those individuals who are not deemed to be a good match for the club based on ability or behavioral issues.

Confidentiality Clause:

Members will not, without the express permission of the Board of Directors:

- Disclose membership information
 - Represent Pinnacle Racing in outside business
 - Use information concerning members for their own personal use or benefit
- Blatant disregard of this Confidentiality Clause is cause for termination/denial of membership.

Away Team Travel Policy

The following guidelines should be followed by Pinnacle Race Team athletes, parents and coaching staff in reference to all competitors, camps or other USSA projects. This policy is intended to cover all junior-level racers.

USSA Competitions in and out of region:

1. Athletes must complete and submit "intent to compete" forms for USSA mail box prior to the prescribed deadline.
2. Any athlete indicating they will be attending a competition on either "intent to compete" form will automatically be entered by Pinnacle into that event.
3. Any cancellations or modifications to indicated participation in an event must be received in writing no less than 2 weeks prior to the start of the competition.
4. Whenever possible, Pinnacle will travel and stay as a "team". Exceptions must be indicated on the intent form and Pinnacle must be notified of the details of the exception and alternative arrangements for the athletes' transportation and accommodation.
5. When Pinnacle provides transportation, athletes will not be allowed to drive personal vehicles for the duration of the trip.
6. All J4 racers participating in any way away competition or training camp must have a parent or guardian (which can be another parent) accompany and be responsible for them.
7. Regardless of the above-mentioned provision, athletes must meet coaches at the registration or base area of the competition at 8:00 unless another meeting site and time has been announced.
8. Athletes are required to stay at the competition site, follow coaches' directions and maintain contact with their coach until such a time as the competition is over and they have notified the coach of their departure in person.
9. At all times during competition events or during training days, and while under the supervision of Pinnacle coaches, athletes are expected to adhere to all terms and conditions of Pinnacle's "Code of Conduct".
10. Pinnacle coaches will pick up bibs and, where applicable, lift tickets for each athlete entered on the team entry unless other arrangements have been made in advance. Athletes are responsible to return their bibs to the race organizer at the end of the competition.

USSA Competitions at Mt. Holly and Pine Knob:

1. Athletes must complete and submit "intent to compete" forms for both USSA and FIS to the Pinnacle mail box prior to the prescribed deadlines.
2. Athletes are required to enter themselves and pay all inscription fees to the host club (including PINNACLE) prior to the deadlines prescribed for each event.
3. Athletes are responsible to pick up and return their own bibs.
4. Athletes must meet coaches at the registration or base area of the competition at 8:00 AM unless another meeting site and time has been announced.
5. Athletes are required to remain at the competition site, follow coaches' directions and maintain contact with their coach until such a time as the competition is over or they have notified the coach of their departure in person.
6. At all times during competition events or during training days and while under the supervision of Pinnacle's coaches, athletes are expected to adhere to all terms and conditions of Pinnacle's "Code of Conduct".

My signature below indicates that I have read and agree to abide by all Pinnacle Race Team rules & regulations:

X

Parent/Guardian Signature & Date

X

Athlete Signature & Date