

Please review and sign the document below if you agree with its terms. Print & return with your payment.

SMUGGLERS' NOTCH SKI AND SNOWBOARD CLUB MEMBER CODE OF CONDUCT AND RESPONSIBILITIES

Athletes, coaches, SNSC staff, SNSC members, officials and volunteers are expected to follow the SNSC Code of Conduct, which is based on the USSA Code of Conduct. The SNSC particularly endorses the policy for sportsmanship-like conduct.

Good sportsmanship includes, but is not limited to:

- 1 Respect for all event officials and volunteers, ski area employees, SNSC coaches and staff, the skiing and snowboarding public, fellow teammates and fellow competitors.
- 2 Respect for facilities and Clubhouse. Respect for private and public property.
- 3 Suitable dress and grooming, courtesy and good manners in public places while training, while traveling and at events.
- 4 Self control, responsible behavior, consideration for other's physical and emotional well being. No profane or abusive language or behavior will be tolerated. During competition events, such language can lead to disqualification and/or competitor sanctions for future events.
- 5 A positive attitude, which promotes team spirit and team unity and to give your best effort during training.
- 6 Honest conduct. No theft, lying or misrepresentation whatsoever.
- 7 Conform to the curfew decided upon at the team meeting held during or prior to traveling to competition event.
- 8 Attendance in all athletic training unless excused by a coach or coach is so notified in advance.
- 9 Attendance at awards ceremonies and receptions. At awards ceremonies that are in conjunction with a banquet, suitable attire is mandatory.

Drugs, tobacco, or alcohol:

- 1 SNSC athletes shall abstain from the use and/or possession of illegal or banned drugs, tobacco products, and illegal or immoderate use of alcohol**.
- 2 SNSC coaches, SNSC staff, SNSC members, officials, and volunteers shall abstain from the use and/or possession of illegal or banned drugs, tobacco products, and immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Please review with the BOD for any changes. '09
- 3 SNSC athletes/members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official USSA or an SNSC event organized function.

**Note: SNSC considers the legal age for consumption of alcohol as 21 years of age or older regardless of local law.

Safety:

- 1 SNSC skiers and riders are expected to ski and ride under control and in a safe manner at all times. It is critical that we all act in a safe manner throughout the season to prevent injuries.
- 2 Ensure your own personal safety and safety of others by using common sense. Be aware of condition, terrain, obstacles, and people around you while you are skiing, riding, and training. You should be familiar with and obey the Skiers Responsibility Code found on the Smugglers' Notch Trail Map.
- 3 Helmets are required during training and racing of Giant Slalom (GS), Super Giant Slalom (SG), and Downhill. The SNSC encourages face/mouth protection and appropriate eye care for training Slalom and encourages the wearing of helmets when snowboarding and free skiing.

Disciplinary Action:

Failure to comply with any of the above provisions may lead to disciplinary action which may include:

- 1 Removal from the team trip or training camp.
- 2 Suspension from training and/or competition.
- 3 Loss of membership and program participation with no refunds.

Any action taken shall be applied fairly and equitably to all parties involved. SNSC Board of Directors, staff, and/or coaches will be notified to decide on consequences of violation. In any instance where illegal activity occurs, law enforcement may be contacted.

Minor Infraction: Has limited impact on the athlete, other athletes or individuals and/or the program as a whole.

Major Infraction: Has serious impact on the athlete, other athletes or individuals and/or the program as a whole.

Penalties:

Minor infractions: may result in withdrawal of training or competition privileges for a short period of time (e.g. 1-2 days)

Examples:

- Inappropriate use of language
- Failure to participate in the designed program
- Bullying
- Disrespect for other people and property (athletes, coaches, SNSC members, officials, equipment, ski areas, Clubhouse, Etc...)

Repeated minor infractions: may result in withdrawal of training or racing privileges for a longer period of time (e.g. 1-2 weeks).

The SNSC Board of Directors, staff, and/or coaches are responsible for administering the disciplinary action for minor infractions and for informing parents/guardians and the Disciplinary Committee on these issues immediately.

Major infractions: may result in dismissal from the SNSC as a member, program participant, employee, and/or volunteer.

Examples:

- Continued blatant disrespect for other people and property
- Continued blatant inappropriate use of language
- Stealing
- Smoking or drinking alcohol
- Using, encouraging the use of, or distributing drugs or banned substances

The SNSC Disciplinary Committee, on recommendation from the SNSC Board Of Director, staff and/or coaches, is responsible for administering disciplinary action for major infractions.

SNSC Disciplinary Committee*:

- 1 A group comprised of the SNSC Board members.
- 2 Any non-member participating in a SNSC sponsored camp or activity, is responsible for complying with the SNSC Code of Conduct.
- 3 Parents/Surrogate Parents*/Guardians are responsible for supporting Athlete (youth)/Club member compliance with the SNSC Code of Conduct.

*There will be no refund of membership and/or program fees for time missed resulting from a disciplinary action of any kind.

Athlete/Member Responsibilities:

- 1 Maintain a high level of personal responsibility for oneself.
- 2 Be courteous to and respect the decisions of the coaching staff, race officials, and all ski area employees.
- 3 Respect other athletes' dignity. Verbal or physical behaviors that constitute harassment, abuse, or indecent conduct are unacceptable.
- 4 Be honest in both actions and words.
- 5 Respect property of others as well as Club property.
- 6 Be on time.
- 7 Participate and commit fully to the training and competition plan as designed by the coaching staff.
- 8 Communicate with the coaches on all aspects of their program plan.
- 9 Be prepared with equipment tuned and necessary clothing and protective gear.
- 10 Conform to curfew during and when traveling to competition events.
- 11 Clean up after yourself in and around the Club building, especially the bathroom and kitchen areas.
- 12 Label all equipment, clothing, and accessories with name.

Parent/Surrogate Parent*/Member Responsibilities:

- 1 Assist SNSC in supporting Club rules and responsibilities.
- 2 Ensure your children/surrogate children understand the Club rules and responsibilities.
- 3 Look out for your child's/surrogate child's interests as they enter, participate, and exit from the program.
- 4 Monitor your own expectations of your child's/surrogate child's performance and progress, realizing that athletes, who feel they cannot meet their parents' expectations, quickly lose motivation. Athletes excel in a supportive environment.
- 5 Encourage all athletes.
- 6 Abide by the officials' decisions.
- 7 Communicate with coaches and SNSC Board Of Directors as needed on aspects of the program.
- 8 Commit to the specified fundraising activities that form part of the overall Program and follow through on mandatory volunteerism at your child's/surrogate child's competition events both at home and away.
- 9 Be sure your children/surrogate children are on time and prepared for weather, training, and daily activities.

*Surrogate Parent is defined as someone who is responsible for the athlete (youth) when their parent/guardian is not present.

Commitment:

By signing below, all parties agree that they have read the SNSC Code of Conduct and understand its contents. Furthermore, all parties agree to conduct themselves according to the guidelines in this document.

All individuals are required to read and agree to the above terms by signing below.

Adult Signature / A

Sign Here: _____ Date: _____

Adult Signature / B

Sign Here: _____ Date: _____

Adult Profile / Liability & Medical Release

Please review and sign the document below if you agree with its terms. Print & return with your payment.

SNSC Liability & Medical Release

The undersigned participant hereby represents that he/she is at least 18 years of age or in the event that he/she is not, the undersigned hereby represents that he/she is a parent or legal guardian of said participant. (Participant and undersigned hereafter referred to collectively as "Competitor".)

ADULT A / Initials Here: _____ **ADULT B / Initials Here:** _____

Further, the undersigned warrants and represents that the competitor is in good health, and that there are no special problems associated with the competitor, and the undersigned has left no special instructions regarding the competitor that have not been listed on the registration form. I/we understand and accept the fact that alpine skiing, nordic skiing, and snowboarding in their various forms, are inherently HAZARDOUS sports that have many dangers and risks. It is further understood that training or racing and skiing competitively is more inherently HAZARDOUS than recreational skiing. I/we realize that injuries are a common and ordinary occurrence of this sport. I/we agree as a condition of being allowed to use the ski area facility and premises, that I/we freely accept and voluntarily ASSUME ALL RISKS OF PERSONAL INJURY OR DEATH or property damage which results in any way from negligence, conditions on or about the premises and facilities, the operation of the ski area including, but not limited to, grooming, snow making, ski lift operations, actions or omissions of employees or agents of the area, or competitor's participation in skiing, training, any competitive event or any continuance thereof, or in the course of travel to or from any such event, or in the course of travel to or from any medical facility or other activities at the area

ADULT A / Initials Here: _____ **ADULT B / Initials Here:** _____

I/we agree with the premise that competitor is a competitor at all times, whether practicing for competition or in competition. I/we agree that competitor is always provided an opportunity to conduct a reasonable visual inspection of the training or race course. I/we agree and understand that the competitor will be held to assume the risk of all course conditions including but not limited to weather and snow conditions, course construction or layout and obstacles.

ADULT A / Initials Here: _____ **ADULT B / Initials Here:** _____

WARNING Under Vermont law, a skier assumes the risk of any injury to person or property resulting from any of the inherent dangers and risks of skiing and ski racing and may not recover from any ski area operator for any injury resulting from any of the inherent dangers and risks of skiing, including: hanging weather conditions; existing and changing snow conditions; bare spots; rocks; stumps; trees; collisions with natural objects; man-made objects; or other skiers; variations in terrain; and the failure of skiers to ski within their own abilities. I/we freely accept the full responsibility for any and all damages or injury of any kind which may result and agree to indemnify and hold Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, United States Ski Association, sponsors and all their officers, agents and employees, acting officially or otherwise, harmless for any claim, demand, actions or causes of action arising out of or on account of any injury or damage to said competitor or competitor's property arising from the negligence or breach of warranty, express or implied, of the above entities and persons affiliated with said entities.

ADULT A / Initials Here: _____ **ADULT B / Initials Here:** _____

I have carefully read and understand Page 1.

Adult Signature / A

Sign Here: _____ Date: _____

Adult Signature / B

Sign Here: _____ Date: _____

Adult Profile / Race Waiver

USSA & USASA VOLUNTEER RACE WORKER RELEASE FORM

PLEASE READ CAREFULLY BEFORE SIGNING OR ENGAGING IN THIS ACTIVITY.

Full Name: _____

Address: _____

READ THE FOLLOWING WARNINGS CAREFULLY BEFORE SIGNING THIS FORM. THIS IS A WAIVER OF CERTAIN LEGAL RIGHTS:

Ski and snowboard competitions involve many inherent risks, dangers and hazards. These risks, dangers and hazards may exist at any time and at any place in and around the competition course or facility. They may threaten not only the competitors themselves, but may also threaten me as a competition worker.

Due to high speeds, slick surfaces and icy conditions, you will be at risk of being struck by competitors and/or runaway equipment. While you must pay close attention to the intervals between competitors, you must also be aware that such intervals are sometimes irregular. You must pay special attention to competitor fall zones and likely trajectories of competitors who may lose control and/or fall. If you have any questions or concerns about fall zones and/or trajectories, you should inquire with a member of the Competition Jury.

The Competition Jury is responsible for controlling the competition. You must comply with instructions of the Jury regarding opening and closing of courses, and regarding your positioning on the course. However, given the unpredictability of ski and snowboard competition and the winter mountain environment, following the advice of Competition Jury members or any other person does not and cannot guarantee your safety. If you believe that complying with a Competition Jury instruction would expose you to risk of injury, you should clearly state your concern to a Jury member and state your intention not to follow the instruction.

Competition equipment may be cumbersome and heavy. Exercise caution in carrying and handling such equipment to avoid injury from strain or exertion, particularly when working on steep and uneven terrain. Also, pay attention to climatic conditions and protect yourself from exposure and dehydration.

Side-slipping of race courses involves many of the risks and dangers inherent in the sport of skiing. These risks may be exacerbated by short time periods between racers in which side-slipping must be completed. If you lack advanced skiing skills or are otherwise unwilling to assume the risks inherent in this activity, do not participate in side-slipping of courses.

Consumption of alcohol or illegal drugs by race workers in USSA competitions is strictly prohibited.

By affixing my signature below, I represent that I am over the age of eighteen (18) years, have read the foregoing warnings and in spite of the risks, dangers and hazards involved in such activities, I nevertheless choose to volunteer my services as a USSA Race Worker. By so doing, I agree to release, indemnify, defend, and hold harmless the United States Ski and Snowboard Association, its employees, affiliates, insurers, and sponsors from any and all claims arising from my participation as a race worker regardless of negligence. I also understand and agree that as a volunteer I am not entitled to workers compensation coverage for injuries arising from my participation in these activities and agree not to seek coverage under USSA's workers compensation insurance.

Adult Signature / A

Sign Here: _____ Date: _____

Adult Signature / B

Sign Here: _____ Date: _____

Child - Athlete Profile / Code of Conduct

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- 12 Label all equipment, clothing, and accessories with name.

Parent/Surrogate Parent*/Member Responsibilities:

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- 2 Ensure your children/surrogate children understand the Club rules and responsibilities.
- 3 Look out for your child's/surrogate child's interests as they enter, participate, and exit from the program.
- 4 Monitor your own expectations of your child's/surrogate child's performance and progress, realizing that athletes, who feel they cannot meet their parents' expectations, quickly lose motivation. Athletes excel in a supportive environment.
- 5 Encourage all athletes.
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- 8 Commit to the specified fundraising activities that form part of the overall Program and follow through on mandatory volunteerism at your child's/surrogate child's competition events both at home and away.
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*Surrogate Parent is defined as someone who is responsible for the athlete (youth) when their parent/guardian is not present.

Commitment:

By signing below, all parties agree that they have read the SNSC Code of Conduct and understand its contents. Furthermore, all parties agree to conduct themselves according to the guidelines in this document.

All individuals are required to read and agree to the above terms by signing below.

Adult Co-Signature

Sign Here: _____ Date: _____

Child - Athlete Signature

Sign Here: _____ Date: _____

Child - Athlete Profile / Liability & Medical Release

For each child enrolled review and sign/co-sign the document below if you agree with its terms.

SNSC Liability & Medical Release

The undersigned participant hereby represents that he/she is at least 18 years of age or in the event that he/she is not, the undersigned hereby represents that he/she is a parent or legal guardian of said participant. (Participant and undersigned hereafter referred to collectively as "Competitor".)

ADULT / Initials Here: _____ **CHILD / Initials Here:** _____

Further, the undersigned warrants and represents that the competitor is in good health, and that there are no special problems associated with the competitor, and the undersigned has left no special instructions regarding the competitor that have not been listed on the registration form. I/we understand and accept the fact that alpine skiing, nordic skiing, and snowboarding in their various forms, are inherently HAZARDOUS sports that have many dangers and risks. It is further understood that training or racing and skiing competitively is more inherently HAZARDOUS than recreational skiing. I/we realize that injuries are a common and ordinary occurrence of this sport. I/we agree as a condition of being allowed to use the ski area facility and premises, that I/we freely accept and voluntarily ASSUME ALL RISKS OF PERSONAL INJURY OR DEATH or property damage which results in any way from negligence, conditions on or about the premises and facilities, the operation of the ski area including, but not limited to, grooming, snow making, ski lift operations, actions or omissions of employees or agents of the area, or competitor's participation in skiing, training, any competitive event or any continuance thereof, or in the course of travel to or from any such event, or in the course of travel to or from any medical facility or other activities at the area

ADULT / Initials Here: _____ **CHILD / Initials Here:** _____

I/we agree with the premise that competitor is a competitor at all times, whether practicing for competition or in competition. I/we agree that competitor is always provided an opportunity to conduct a reasonable visual inspection of the training or race course. I/we agree and understand that the competitor will be held to assume the risk of all course conditions including but not limited to weather and snow conditions, course construction or layout and obstacles.

ADULT / Initials Here: _____ **CHILD / Initials Here:** _____

WARNING Under Vermont law, a skier assumes the risk of any injury to person or property resulting from any of the inherent dangers and risks of skiing and ski racing and may not recover from any ski area operator for any injury resulting from any of the inherent dangers and risks of skiing, including: hanging weather conditions; existing and changing snow conditions; bare spots; rocks; stumps; trees; collisions with natural objects; man-made objects; or other skiers; variations in terrain; and the failure of skiers to ski within their own abilities. I/we freely accept the full responsibility for any and all damages or injury of any kind which may result and agree to indemnify and hold Smugglers' Notch Ski and Snowboard Club, Smugglers' Notch Resort, United States Ski Association, sponsors and all their officers, agents and employees, acting officially or otherwise, harmless for any claim, demand, actions or causes of action arising out of or on account of any injury or damage to said competitor or competitor's property arising from the negligence or breach of warranty, express or implied, of the above entities and persons affiliated with said entities.

ADULT / Initials Here: _____ **CHILD / Initials Here:** _____

I have carefully read and understand Page 1.

Adult Co-Signature

Sign Here: _____ Date: _____

Child - Athlete Signature

Sign Here: _____ Date: _____

