



Cairngorm Ski Club CODE OF CONDUCT



Section One

Trainees must:

Behave sensibly and responsibly at all times - for instance in lift queues.

Follow the instructions of the coaches – listen and ask questions if you do not understand.

Be a good ambassador for the club

Look out for each other

Be aware that any behaviour that may adversely affect another member of the club is not accepted. Bullying, in particular, will not be tolerated. The same applies to any behaviour that may bring Cairngorm Ski Club into disrepute.

Section Two:

Trainees must follow **The Skier's Code**

The International Ski Federation (FIS) has established rules for the conduct of skiers and snowboarders. In short, they are:

1. RESPECT. Do not endanger others.
2. CONTROL. Adapt the manner and speed of your skiing to your ability and to the general conditions on the mountain.
3. CHOICE OF ROUTE. The skier/snowboarder in front has priority-leave enough space.
4. OVERTAKING. Leave plenty of space when overtaking a slower skier/snowboarder.
5. ENTERING and STARTING. Look up and down the mountain each time before starting or entering a marked run.
6. STOPPING. Only stop at the edge of the piste.
7. CLIMBING: When climbing up or down always keep to the side of the piste.
8. SIGNS. Obey all signs and markings- they are there for your safety.
9. ASSISTANCE. In case of accidents provide help and alert the Ski Patrol.

Failure to follow the CSC code of Conduct may lead to the trainee being unable to train with the club for a particular day or for the rest of the season.

Section Three - Dry Land Training

When conditions on the mountain do not allow us to train there we will endeavour, sometimes at late notice, to arrange to continue training in an alternate location.

Often the National Outdoor Training Centre at Glenmore Lodge are kind enough to accommodate us and it is very important that our behaviour at the centre does not abuse that generosity and that both parents and trainees understand some basic guidelines which will enable to use the centre safely and with minimal disruption to the centre. These are as follows:-

- We will meet at a pre-arranged location, normally the bar upstairs and we must leave each location we use as we found it.
- If any parents or trainees wish to have a hot drink from the restaurant area it is important that this is paid for, an honesty system is in operation and the club will collect all money and pay the centre at the end of the day. Please see a coach or committee member on the day for information.
- All trainees must be supervised at all times and walk quietly between locations within the centre.
- Under no circumstances should members of the club use any Glenmore Lodge equipment or facilities without the prior agreement of Glenmore Lodge (which will be arranged through the Head Coach) and then only whilst supervised by a coach.

I have read and agreed to abide by the CSC Code of Conduct

Name:

Athlete Signature:

Parent Signature: