**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 one and 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.

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

Name:

Athlete Signature: Parent Signature: