

Race Organization COMMITTEE

Name	NSS
ROC	ROC Committee

This code of conduct is a set of guidelines designed to safeguard and ensure the safe practice of the activities of this club.

1. Introduction

- 1.1. Being committed to the safety of its members, the NSS Club considers it good practice to operate in accordance with the following guidelines.
- 1.2. This code of conduct has been written with reference to FIS Guide lines 'Safe Sport'
- 1.3. This code of conduct will be available to anyone wishing to read it.
- 1.4. The purpose of the NSS alpine ski team will be competition. In addition, the purpose of the group will be to develop character, positive attitude, leadership, individual responsibility and a love for the sport of alpine ski racing.

2. NSS Activities

NSS activities are recognised as being one or more of the following.

- 2.1. Any event publicised by NSS or under the brand of NSS.
- 2.2. Any event publicised on the NSS notice boards by an official and approved posters /website or ant other communications.
- 2.3. Any event that is funded to any degree by NSS.
- 2.4. Any event that requires the use of equipment owed by NSS
- 2.5. Any event that requires transporting athletes to and from an event.
- 2.6. Any event that involves NSS athletes.

3. Activity Registration

- 3.1. All overnight trips will be registered using a trip registration form at least 1 week prior to departure. All reasonable steps should be taken to ensure that NSS is notified of any changes made prior or after departure.

- 3.2. It is the responsibility of the approved NSS captain/president to ensure that all club members have completed a club membership form. These are to be kept by a club officer. A summarised membership list should be included.
- 3.3. The Team captain will take a copy of any relevant information from the Ski Club file on each trip.
- 3.4. Any proposed activities outside of the event will have to have committee approval and signed appropriate forms. Other wise that activity will not be authorised and NSS will take no responsibility.

QUALIFICATIONS AND DUTIES OF A CAPTAIN

- A. Shall be a member of NSS club
- B. Shall attend scheduled captains meetings.
- C. Shall serve as a leader of the group and maintain discipline within it.
- D. Captains' practices should serve as a time in which athletes prepare for the upcoming season by partaking in strength and cardiovascular activities.
- E. Shall enforce all rules of the organization and communicate freely with coaches and other team members.
- F. Shall assist in daily operation and direction of practices (especially as it relates to communication and on-hill organization).
- G. Shall set an example by being on time for all events training and competitions
- H. Shall take charge of the equipment (drills, gates, etc) to prevent damage and loss.
- I. Shall encourage others to work hard and share responsibility.
- J. Shall adapt to changing situations and help problem solve.
- K. Shall make sure that the practice and competition areas are prepared prior to and cleaned up after each event.
- L Shall communicate with the coaches any violations or poor sport conduct committed by fellow team members.
- L. Shall follow all NSS codes of conduct.

SELECTION OF TEAM CAPTAINS

Captains for the following year will be selected by a majority vote of the ROC. Coaches if available will also have input regarding the selection of captains along with the NSS committee.

CAPTAINS VACANCY

In the case of a captain vacancy, a person may be chosen by the NSS ROC committee or NSS committee to fill that vacancy.

4. Team Captain Responsibility

A Team captain is responsible for the following:

- 4.1. The safety of all the NSS participants.
- 4.2. Ensuring that the NSS Code of Conduct is adhered to.
- 4.3. Working with the appointed ROC as to who shall represent NSS in any competition.
- 4.4. Ensuring that club members act in a responsible way and NSS is not brought into disrepute through the actions of its members.
- 4.5. Providing NSS committee with a report of any accident that occurs during a NSS activity.
- 4.6. Being aware of the location of convenient First Aid facilities in case of emergency

5. Club Equipment

This section covers not only NSS equipment, but also any other equipment that is used during NSS activities.

- 5.1. A member of the club should be appointed as the NSS Equipment Officer. Should this post not be filled, the responsibility lies with the NSS chairperson.
- 5.2. It shall be the duty of the Equipment Officer to ensure that equipment used during Ski Club activities is in a usable and safe condition. A qualified inspector should check Ski Club equipment on a regular basis to ensure that it is safe to use.

6. Ski Club specifics and safety.

- 5.3. Warm up properly.
- 5.4. Do not ski whilst eating or chewing gum.

- 5.5. Ski in control. Adapt your speed and manner of skiing to your ability as well as to the conditions of the slope, and to the density of other slope users.
- 5.6. The skier in front (or below) has priority. Leave enough space if overtaking.
- 5.7. When entering a piste check that this is possible without endangering themselves or other slope users.
- 5.8. Always look up and down the slope before starting.
- 5.9. Only stop at the edge of the piste or where you can be easily seen. In the event of a fall the skier should remove themselves to the side of the slope as quickly as possible.
- 5.10. When climbing up and down the piste, always stay to the side.
- 5.11. Provide help and alert the rescue services when an accident occurs.
- 5.12. Always respect all signs and signposting at all times.
- 5.13. Abide by individual slope rules and disclaimer forms.
- 5.14. Always follow mountain rules and regulations
- 5.15. Follow instructions of mountain staff at all times.

COMPETITION REQUIREMENTS

No alpine ski team member will compete until that person has demonstrated the ability to do so and is wearing the proper gear (helmet, goggles). This is determined by daily evaluations in practice, time trials and competitions during the season. The ROC will determine which skiers will compete.

The coaches or team Captain may suspend a ski team member from competing for other reasons such as attendance, attitude, injuries or behavior.

Do not miss or delay the bus. The bus leaves promptly from the Activities entrance.

Warm up runs and course inspection should be done as a team. Skiers must meet at the top of the course at the assigned time for inspection.

Never miss your start time; if you are not in the start gate at the time your bib number is called you will be disqualified from the race. The team is dependent on having all skiers post two competitive times.

PRACTICE REQUIREMENTS

PRACTICE

Members will be expected to practice at every scheduled practice. Note: Helmet and goggles and protective gear are required.

Practices are scheduled in advance by coaches or team captain. In the event of a schedule conflict the coaches/team captain will notify members

Coaches and/or captains may call additional practices or change the practice schedule as necessary.

If a skier becomes ill the day of a practice, they must notify the coaches by voicemail or email prior to 12 noon. Skiers who fail to notify the coaching staff must meet with the coaches before they are allowed to ski in another event.

An unexcused absence from practice the day prior to a competition will result in the suspension of that skier in the upcoming meet.

Any team member absent from practice is responsible for learning any missed information from that practice.

PRACTICE ETIQUETTE

Be ready to practice promptly, wearing appropriate attire.

Be quiet during all instruction, including warm-ups, reviews and new instruction.

Participate fully in all practice activities. 100% effort is expected everyday. Please notify coaches before practice of any injury that may prevent 100% effort. All injuries must be brought to the attention of the coaches immediately.

Make every effort to correct mistakes that are identified by the coach and/or fellow team members.

Stay for the entire practice. Late arrival and/or early departure exceeding 5 minutes will not be tolerated.

Tell the coach ahead of time if you will be missing training and learn any information or material from that practice. It is important to contact coaches and/or captains regarding important information missed.

Skiers will treat fellow team members, captains and coaches with respect in and out of practice. Any skier exhibiting disrespectful behavior may be asked to leave practice and will be suspended from practicing with the team. The skier will also be suspended from the next competition. This will lead to an individual conference with the coaches, an incident report will be filed with the activities office and the report will be sent home to the parents. If more than one incident report is filed due to behavioral problems, it may lead to dismissal from the team. Please come to practice well nourished, prepared to challenge yourself and to have fun.

Plan to arrive 20 minutes prior to the start of training to allow time to dress and help with course set-up.