

Athlete Code of Conduct

The Bogus Basin Nordic Team (BBNT) helps young people in Ada County reach their full potential, both as athletes and as people, through cross-country skiing. BBNT is a competitive ski team, open to junior athletes (up to age 19) of all abilities. With the payment of tuition, all members and parents of members should understand that being on the BBNT is a privilege and not a right. All athletes, parents, guardians and staff members must read and abide by the Code of Conduct. Your signature on the Registration Form indicates that the parent/guardians and athlete have read and agreed to the Code of Conduct provisions.

Being an athlete for BBNT requires focus, desire and self-discipline to succeed. These skills will aid the athlete in achieving their personal goals while they are on the team and beyond. It is expected that the athlete will be ready to listen, learn, respect and cooperate with BBNT coaches, parents, teammates, and volunteers. By joining BBNT you are making the choice to lead a healthy, positive lifestyle that will enable you to attain your personal goals and make BBNT the best possible experience for yourself and the others on the team.

BBNT athletes are also expected to serve as role models for younger team and community members. While Nordic skiing is an individual sport, BBNT is a team. It is important for BBNT to remain a close-knit community of athletes, coaches and parents; we can all achieve more supporting and working together than we can separately. Therefore, every person in the community needs to realize that their conduct has an effect on him/herself and on the BBNT community as a whole. This will occasionally require giving up some personal liberties to maintain a smooth functioning community.

Rules:

BBNT expects the following behavior from its athletes, parents and staff for them to have a positive effect on the community and team.

- No violating any federal or state laws.
- No discrimination based on race, color, age, religion, sex, national origin, sexual preference, or disability.
- Unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature, including sexual intimidation and harassment with sexual overtones will not be tolerated.
- No rude conduct, including but not limited to engaging in physical, visual or verbal harassment or making derogatory remarks about BBNT, other athletes, parents, guardians or staff.
- No unauthorized possession, careless, reckless or intentional abuse of BBNT property.
- No possessing, consuming, distributing, delivering, exchanging, selling or using alcoholic beverages by athletes or underage staff members at any time.
- No possessing, consuming, distributing, delivering, exchanging, selling or using illegal drugs, which includes prescription medication for which no prescription can be produced.
- No action that endangers life or property, including but not limited to, creating or contributing to unsanitary, unsafe or unhealthy conditions.
- No gambling.
- No swearing, foul or crude language.
- No lying, supplying false, incomplete or misleading information.
- No displaying any immoral, indecent or degenerate conduct.
- No fighting.
- No weapons.
- No smoking or using tobacco products by athletes.

- No sexual activity at BBNT sponsored activities and/or trips.

Athlete Expectations

- Arrive on time, be prepared for training and ALWAYS give your best effort.
- Behave in a courteous & responsible manner when traveling to competitions, eating in restaurants, and whenever the athlete is representing BBNT in any manner.
- At all times, athletes will represent themselves, BBNT and Bogus Basin in a respectful and dignified manner.
- Dress in a manner that is a credit to the team, themselves and the club.
- If you need to leave practice early, notify the coach prior to practice.
- Obey all skier safety rules and be respectful of all employees while attending training or competition at home or other areas.
- Equipment is critical to training and racing. We often practice under adverse weather conditions, please be prepared each day with appropriate gear.
- Helmets are required for cycling and roller skiing at all times.
- Participate fully in training and racing plan designed by the coaching staff - this includes dry land and on snow training, competition, rest and recovery.
- No insubordination (failure or refusal to carry out reasonable requests).
- Treat personal property belonging to others with respect.
- Be respectful and polite to all Bogus Basin employees.
- Respect all BBNT staff, athletes, parents, guardians, athletes and others.
- Stay at home if you are sick or getting a cold, sore throat, or feel rundown - No one wants to catch your virus, especially before races.
- Travel Rules:
 - Obey all curfews set by coaches, even when traveling with parents or guardians.
 - Report for meetings, training, races and activities athletes are requested to attend.
 - When traveling stay with the team at all times.
 - Follow directions of coaches with regard to all activities.
 - When waxing, put all supplies away, clean up, and unplug irons.
 - Wear seatbelts at all times, when traveling in BBNT vehicles or with BBNT staff.
 - When traveling with BBNT, arrive early for training, racing, camps, with all equipment necessary for travel packed and ready to go, inform parents or guardians as soon as possible of time of return.
 - All guest staff or athlete must sign all of BBNT waivers before being allowed to travel or train with the BBNT.
 - Clean BBNT transportation after travel.
- Dryland and Nordic trail and Nordic Center rules:
 - Be courteous and polite at all times.
 - Have your pass or ticket visible.
 - Do not leave skis and poles in the snow, put them in the rack.
 - Always clean up the table and all messes at Nordic Center.
 - Stop to assist skiers that have fallen or are having difficulty by contacting ski patrol or other responsible persons to help.
 - Immediately report any unsafe condition or injury.
 - Keep all BBNT property neat and orderly.
 - When waxing, put all supplies away, clean up, and unplug irons.
 - Do not use any BBNT equipment without permission and/or supervision.
- Coaches expect to be called if the athlete is going to be late or miss a practice for any reason. Take responsibility for yourself.

- Ignorance of the code is not an excuse for failing to abide by it.

Discipline Policy:

Disciplinary action/procedure- The Disciplinary Committee is made up of the Program director/Head Coach, the involved coach, the President and the Secretary of the BBNT governing council.

Typical Level A discipline will be:

- Parents notified
- Community and/or Team Service assessed
- Letter of Apology requested

These additional disciplinary actions may be added for Level B offenses:

- Suspension from race or training activity
- Expulsion from trip - parents called to retrieve skier at the parents' expense.
- Meeting between coaches and parents before re-instatement

Levels of offense:

- A. Behavior and adherence to team requests
- B. Safety issue, personal respect, or legal violation

For a Level B violation, the first offense is an immediate 1 week minimum suspension (Suspension means NO team activity, including travel before a race)

Any appeals must be made in writing and presented to the Disciplinary Committee for resolution.