



Milton Heights Racing Club – Code of Conduct

True Sport lives at **Milton Heights Racing Club**.

True Sport is a social movement powered by people who believe that sport can transform lives and communities...if we do it right. **MHRC** embraces this notion and is committed to sport that is healthy, fair, inclusive and fun. As a **True Sport** member we are against cheating, bullying, aggressive parental behaviour, and win at all cost thinking. In addition, values of TEAMWORK, SPORTSMANSHIP AND RESPECT are complimentary and further support **MHRC's** essence of....*Living well through sport*. **MHRC** members believe that the way we play together shapes how we live together. Sport falls short of its potential when negative behaviour gets in the way of the positive things sport can teach us about working together, respecting each other's efforts and handling both victory and defeat like a champion.

MHRC's Code of Conduct reflects the values and principles of **True Sport**. The rules, expectations and consequences outlined are to ensure each racer and/or member has the opportunity to benefit from their experience with **MHRC**. Coaches and Co-ordinators will refer to the following to decide on a consistent and fair system of consequences if and when infractions occur.

Rules/Expectations and Consequences for Racers

Minor Infractions:

These infractions are seen to have a limited impact on the athlete, other athletes or individuals and/or the program as a whole such as;

- Use of inappropriate language
- Failure to participate in the designed program
- Disrespect to fellow athletes, club members, volunteers or general public.
- Disrespect to coaching staff (this will be dealt with more serious than the above)
- Disrespect to the home club or visiting club environment, i.e. not cleaning up after yourself, etc.
- Continued inattentiveness or disruptive behaviour during team training.
- Leaving skis/boards/bikes on hill rather than placing in racks provided

Consequences:

Range from a general caution by Coach and/or Manager to the suspension of racing privileges. These can be determined by the Coach except for suspension of more than the current session, (the race or training session at the time of the infraction) which will be determined by the Co-ordinator and Head Coach.

Major Infractions:

These infractions are seen to have a serious impact on the athlete, other athletes or individuals and/or the program as a whole such as;

- Substance abuse: i.e. drugs, alcohol, smoking of cigarettes during the program time.
- Harassment of a sexual, physical or mental nature. If it hurts another person or it would be normal to expect it would hurt another person then it is HARASSMENT and unwelcome. Harassment is known by many names i.e. bullying, name calling, dissing, etc.
- Vandalism; The willful destruction of property or ski equipment through physical damage or graffiti.
- We are a unique area bordered by train tracks. The crossing of or trespassing into the train track area is a major infraction. This is an arrestable offence by authorities.
- Training in a Terrain Park without a Certified Coach.

Consequences:

The consequences would be a minimum suspension of 2 sessions (race/training) or termination from the program without a refund. These consequences are to be decided by the Race Committee. There would be a mandatory review of application to re-apply to enter the program the following year.

ANY ATHLETE CAN APPEAL THESE PUNISHMENTS THROUGH THE COORDINATOR WHO WILL PRESENT BOTH SIDES TO THE RACE COMMITTEE.

Expectations of Racer's Parent

1. The Milton Heights Racing Club realizes that many parents of our racers are accomplished skiers/riders and racers themselves that have many views on training. Our coaches are some of the best in Ontario and have various levels of training that are all current with Alpine Ontario/Canada standards and are all certified by the Coaching Federation. Therefore, it is requested that parents **NOT** involve themselves in the training of the racers. If the parents have different opinions in training, these issues should be addressed to the Manager who will escalate them to the Co-ordinator/Head Coach level.

NOTHING IS MORE UNPRODUCTIVE THAN PARENTS COACHING CHILDREN DURING A RACE. TWO DIFFERENT OPINIONS WILL ONLY CONFUSE YOUR CHILD.

2) It is expected that the parents have their athletes at the races/training sessions on time with all the necessary equipment. This may seem common sense but if racers arrive late and are rushed to the race course there are huge safety issues as they may not have inspected the race course, missed important pre-race training and may not be mentally prepared. If the racer is late it will be left up to the Coach and Manager to decide if this racer participates in the race. This is not a punishment but a safety issue. On race day there is a mandatory training session. These need to be attended as it is necessary for the racers to have their skills advance equal to the other team members. Racing is a very strenuous sport, hydration and healthy lunches are important.

3) While we do encourage parents to volunteer in race operation, non-officiating parents are requested **NOT** to interfere with the running of the race including speaking with Officials/Coaches of the race. If someone believes there has been an infraction please approach your Coach/Manager who will communicate these immediately to the proper Official. Race Officials and Organizers are volunteers, please treat them with respect.

4) We at **Milton Heights Racing Club** are a well respected race group and are welcome at our home hill (Glen Eden) and all other private clubs in Ontario. Any racers or guests that ski/ride without proper passes will not be welcomed back.

REMEMBER TO BE POSITIVE. RACING IS FUN FOR YOU AND YOUR YOUTH.