

**2018/2019**  
**MBSEF Code of Conduct**  
**For Athletes, Parents and Coaches**

The purpose of MBSEF's Code of Conduct is to uphold the MBSEF core values that can be derived from the acronym "CHASE" and stands for the following: Courage, Honesty, Accountability, Sportsmanship and Excellence. The MBSEF Board of Directors stands behind our Code of Conduct and take all matters seriously. Participating in MBSEF is a privilege and each athlete should know and understand the following rules. Violations of rules and policies will result in disciplinary action imposed by MBSEF Coaches, Program Directors and the Executive Director.

Serious violations will be reviewed by an Athlete Conduct and Discipline Committee and a mandatory meeting with the athlete and parents may be necessary. Failure to participate in the athlete meeting will result in immediate suspension from the program including all training with MBSEF. All consequences imposed by the Committee are subject to appeal by the athlete. A MBSEF Board of Directors approved Appeals Committee will review, evaluate and recommend action to be taken by the Board, based on a case presentation by the athlete through a formal review.

Please note that the discovery process and convening the Committee for the review of a serious violation may take a period of time. MBSEF will make every effort possible to expedite this process, please be patient. We want to ensure that the process is thorough in order to reach the best possible outcome for the parties involved and MBSEF.

The consequences imposed for violations of the Code of Conduct are as follows:

**Serious Violations:**

- Breaking the law while participating with MBSEF.
- Conduct detrimental to the program while traveling to a race or training camp.
- Use of tobacco, marijuana, alcohol or illegal drugs

Consequences for first violation:

- One week suspension from all team activities for tobacco, alcohol or illegal drug violation.
- Two week suspension of all team activities for Breaking the law and conduct detrimental to the program while traveling to a race or training camp.

Consequences for second violation:

- Removal from MBSEF program without refund.

**Other Violations:** (Other violations may include, but are not limited to the following: Bullying, violating the Social Media Agreement, Inappropriate language/behavior at the Office, during Van rides or at Mt. Bachelor)

Consequences for other violations:

- First Violation: Verbal and Written Warning.
- Second Violation: Removal from training for TBD (to be determined) period of time. Removal from training will depend on the severity of the violation.
- Third Violation: Removal from MBSEF program without refund.

### **Athlete Requirements and Responsibilities**

Every participating member of MBSEF agrees to:

- Maintain a minimum of 2.25 GPA.
- Represent yourself, the sport of alpine, cross country, freeride snowboarding and skiing, cycling and MBSEF with the highest level of integrity. This reflects the professional attitude that our program and all enrolled athletes will work to achieve.
- Represent yourself in a respectful manner at all times:
  - At the Office
  - During Van rides
  - At the Jr. Race Center and at the Nordic Lodge
  - At Races, Camps or other MBSEF events
- Maintain a high level of personal responsibility for yourself.
- Be courteous to and respect the decisions of the coaching staff, race and competition officials and all ski area employees and personnel.
- Follow and uphold the rules and code of conduct set forth by MBSEF, Mt. Bachelor LLC., USSS (including the SafeSport initiatives, [www.safesport.org](http://www.safesport.org)), USASA, and PNSA.
- Follow and uphold the MBSEF Social Media Agreement.

### **Sportsmanship and General Training Rules**

Each athlete is expected to conduct themselves in a sportsmanlike manner. Each participant is responsible for their own actions while training, racing at home or away, traveling, and while involved in any team activity. Athletes will:

- Not use alcohol or illegal drugs while participating with the team.

- Refrain from the use of any tobacco products including electronic nicotine devices.
- Refrain from profane, abusive, or offensive language.
- Conduct themselves with honesty without stealing or misrepresentation whatsoever.
- Show self-control and consideration for others.
- No Bullying: Bullying is unwanted, aggressive behavior that includes the following:
  - Verbal bullying: teasing, name-calling, inappropriate comments, taunting and threatening to cause harm.
  - Social bullying: leaving someone out on purpose, telling others not to be friends with someone, spreading rumors, and embarrassing someone in public, or through social media.
  - Physical bullying: Hitting/kicking/punching, spitting, tripping/pushing, taking someone's things, making mean or rude gestures.
  
- Please do not tamper with other athletes' equipment and or their personal belongings.
- Have the inherent desire to learn and never interfere with or prevent others from learning.

### **MBSEF Office Rules**

Every participating member of MBSEF agrees to:

- Conduct yourself quietly while in the MBSEF office.
- Clean up after yourself and place trash in garbage containers.
- Drive slowly and carefully in the parking lot.
- Use side street parking for overnight and extended trips.

### **Junior Race Center and Nordic Lodge Rules**

Mt. Bachelor graciously allows us to use the Junior Race Center and the Nordic Lodge. Please understand the following rules will be enforced:

- Clean up after yourself and place all trash in the garbage containers.
- Assist in the cleaning of the cafeteria, without being asked by your coach. Athlete groups will be assigned each week to lead cleanup of the cafeteria and lunch tables.
- Please stay out of other people's belongings.
- Refrain from profane, abusive or offensive language.
- Please no stickers, writing on or defacing the walls of the JRC or Nordic Lodge.
- Tuning benches and floors must be swept after personal use.
- Only coaching staff may operate video equipment, radios and drills.

**MBSEF Van Transportation Rules**

MBSEF owns and maintains a fleet of vans. Providing transportation to athletes is an expensive portion of our budget. MBSEF asks all athletes to:

- Clean up after yourself in the vans. Do not spill food and drink, or dirty the vans.
- Be respectful of property that is not yours. Do not cause undue wear and tear on the vans through careless, reckless or intentional abuse.
- All athletes must wear seat belts at all times.

I have read the MBSEF Code of Conduct, understand the Code, and agree to abide by it. I have read the MBSEF Social Media agreement, understand the agreement and agree to abide by it. I further understand that not following this Code of Conduct or the Social Media agreement could cause my removal from the program:

\_\_\_\_\_  
(Athlete Printed Name)                      (Athlete Signature)                      (Date Signed)

\_\_\_\_\_  
(Parent Printed Name)                      (Parent Signature)                      (Date Signed)

**2018/2019**  
**MBSEF Social Media Agreement**  
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MBSEF understands that some athletes will use social media as a means of communicating with their friends and family. Social media can be an efficient tool to communicate with teammates, friends, coaches and more. Using social media can also be harmful if not used appropriately. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. No one knows when online information posted about you will come back to hurt or help your reputation.

Ultimately, you are solely responsible for what you post online. Before creating online content, consider some of the risks and rewards that are involved. Keep in mind that any of your conduct that adversely affects the MBSEF program, may result in disciplinary action up to and including dismissal from the program. To assist you in making responsible decisions about your use of social media, we have established guidelines for appropriate use of social media.

Using any form of social media to taunt, bully, harass, intimidate, etc. will not be tolerated. Reported incidences will be reviewed according to MBSEF Policy and Oregon State Law.

Additionally, MBSEF has developed the following guidelines regarding the use of social media:

- I will take responsibility for my online profile, including my posts and any photos, videos or other recordings posted in which I appear.
- I will not degrade other athletes before, during, or after training or competitions.
- I will post only positive things about my teammates, coaches, opponents and officials.
- I will use social media to purposefully promote abilities, team, community, and social values.
- I will always be honest and accurate when posting information or news and will quickly correct mistakes and be accountable for my actions.
- I will not post any information or rumors that I know to be false.
- I will consider "Is this the 'me' I want you to see?" before I post anything online.
- I will ignore any negative comments about me and will not retaliate.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the Coach and/or Program Director.
- I am aware that I represent MBSEF, my sport(s), family and community at all times, and will do so in a positive manner.