



TELLURIDE SKI & SNOWBOARD CLUB HANDBOOK

TSSC Handbook

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THIS HANDBOOK

This handbook is designed to clarify what the Telluride Ski & Snowboard Club (“TSSC”) expects from its athletes, staff, volunteers and parents and what you can expect from TSSC. While we cannot address every possible issue, we hope this handbook will cover the basic principles and provide contacts and resources for further information.

TSSC CODES & POLICIES

To advance the Mission, Vision, Values and the ethical and legal integrity of TSSC and ensure good governance practices, the TSSC Board of Directors, from time to time, adopts or amends policies and codes of conduct for TSSC.

TSSC Codes of Conduct and Policies (“Codes & Policies”) are established to promote a healthy and respectful environment for our staff, athletes and volunteers. These Codes & Policies are not designed to be a basis for any civil or criminal liability. Only TSSC, through its Executive Director or his/her designee(s), has the right to enforce these Codes & Policies. Disciplinary action may include suspension or expulsion of an athlete from TSSC. Refunds are not available to athletes or families who violate TSSC’s Codes & Policies. Failure to enforce TSSC Codes & Policies shall not create any liability on TSSC or its representatives.

A complete set of TSSC policies will be posted soon on the TSSC website.

COLORADO SKI SAFETY ACT

As Colorado skiers, we understand the Colorado Ski Act provides safety standards for the operation of ski areas and the skiers and boarders using them. All TSSC participants are expected to follow Colorado laws. As a reminder, here is a partial list of your duties under the Colorado Ski Act :

- Each skier/rider has the duty to maintain control of his or her speed and course at all times when skiing or boarding and to maintain a proper lookout so as to be able to avoid other skiers/boarders and objects. The primary duty is on the person skiing or boarding downhill to avoid collisions with any persons or objects below him or her.
- No skier/boarder shall ski/ride on a slope or trail that has been posted as “closed”.
- Each skier/rider shall stay clear of snow-grooming equipment, vehicles, lift towers, signs and any other equipment on the ski slope and trails.
- Each skier/rider has the duty to heed all posted information or other warnings and to refrain from acting in a manner which may cause or contribute to the injury of him/her or others.
- Each skier/boarder must understand all information posted near base area lifts, on the lifts themselves and on ski slopes and trails.
- No skier/boarder shall cross the uphill track of any surface lift except at locations designated by the ski area.

- Before beginning to ski or board from a stationary position or before entering a ski slope or trail from the side, the skier or boarder shall have the duty of avoiding moving skiers or boarders already on the ski slope or trail.

RELATIONSHIP WITH TELLURIDE SKI RESORT

One of the biggest reasons for our success as an organization is the support we receive from the Telluride Ski Resort. Thanks to TSR, we have access to world-class terrain for training and competitions right at our back door. The generosity of Telluride Ski Resort includes not only the amazing training and competition venues they provide, but also passes for our staff, special grooming considerations, competition venue and support, active participation on our board of directors and assistance with our fund-raising efforts. In return we provide volunteer support for key events such as the world cup competitions, we share our enthusiasm for our mountain with visitors and we act as responsible guests and follow all ski area rules. We ask that you make every effort to maintain and strengthen this vital relationship.

ATHLETE, STAFF & VOLUNTEER CODE OF CONDUCT

TSSC athletes, staff and volunteers are required to follow the TSSC Code of Conduct and policies as well as the USSA Code of Conduct. In addition to these codes of conduct, TSSC coaches are expected to adhere to the TSSC Coaches Code of Ethics. Breaches of any of these codes or policies may lead to disciplinary action.

TSSC CODE OF CONDUCT.

Participation in the Telluride Ski & Snowboard Club is a privilege that can be revoked. Each member is an ambassador of TSSC both on and off the ski hill. Each member shall conduct him or herself at all times in a manner as to bring credit and dignity to TSSC, our community and themselves. Specific rules of conduct include, but are not limited to the following:

1. Athletes, staff and volunteers shall conduct themselves in a manner that will not bring disrespect, discredit or dishonor to themselves, their teammates, TSSC, USSA, the Telluride Ski Resort or any organizer of events in which they participate.
2. Athletes, staff and volunteers shall abstain from the use of illegal drugs, consumption of alcohol and any form of tobacco while involved in any TSSC related activity (i.e. travel, training or competition). Use of these substances by athletes in non-club related activities may also be considered a breach of the TSSC Code of Conduct.
3. Athletes, staff and volunteers shall abstain from the use of profane or abusive language.
4. Athletes, staff and volunteers shall show self-control and have consideration for others.
5. Athletes, staff and volunteers shall respect the property of others whether personal or private.
6. Athletes, staff and volunteers shall respect members of their team, other teams, spectators and officials and engage in no form of verbal, physical or sexual harassment or abuse.
7. No athlete, staff member or volunteer will engage in any form of hazing or bullying.

8. Athletes, staff and volunteers shall abide by all regulations of Telluride Ski Resort and act responsibly while on Telluride Ski Resort Property.
9. Athletes and staff shall adhere to all other TSSC safety, travel, school and training policies.

PARENT CODE OF CONDUCT

TSSC athletes' success depends on the positive involvement of family as well as TSSC staff. We need you to help us create the best possible environment for our young athletes.

All TSSC parents must agree to abide by the following:

1. I will be a positive role model and encourage sportsmanship at every practice and competition.
2. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my own child to win.
3. I will refrain from coaching my child or other athletes during competitions and practices, unless I am one of the official coaches of the team. I will not engage TSSC coaches or use TSSC training equipment or venues for training outside TSSC's sanctioned practices.
4. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
5. I will demand an environment at TSSC activities for my child that is free from drugs, tobacco and alcohol and I will refrain from their use at all TSSC events.
6. I will demand that my child treat other athletes, parents, coaches, staff, officials, volunteers and ski area personnel with courtesy and respect, regardless of race, creed, color, sex or ability.
7. I will treat all athletes, parents, coaches, staff, officials, volunteers and ski area personnel with courtesy and respect both on the hill and off the hill. I understand derogatory comments and abusive language are not acceptable. Remember once criticism is made it can never be taken back.
8. I will respect the officials and their authority during competitions. I will direct questions or concerns regarding decisions made by officials to a member of TSSC's coaching staff.
9. I will use proper channels of communication with the TSSC coaching staff. I will never confront coaches at training or a competition. I will direct questions and concerns regarding athlete performance, coaching and programmatic content to the TSSC program director who will involve coaching staff and the Executive Director as needed.
10. I will remind my athlete that school comes first and will respect the recommendations of his/her teachers and coaches in academic/athletic planning.
11. I will inform TSSC of all existing medical conditions which could affect my child's safety or participation.

DRUG, ALCOHOL & TOBACCO POLICY

TSSC will not tolerate the use of drugs, alcohol or tobacco while participating in TSSC activities. TSSC will strive to provide an environment free of drugs, alcohol and tobacco for our athletes and our staff.

RISKS & NEED FOR POLICY

Underage drinking and drug use is against the law. It is against the law to sell tobacco to individuals under the age of 18. Substance use negatively impacts athletic and academic performance, and research indicates that early onset of alcohol use increases the occurrence of addiction in adulthood by four times. Additionally, there is a growing body of research that indicates that the use of tobacco products increases the likelihood of using/abusing alcohol. Alcohol and drug use interferes in learning processes, brain development and increases the chance of physical injury while participating in athletic competition. As a result of the risks associated with youth substance use, the National Standards for Youth Sports adopted by the National Youth Sports Coaches Association states :

“Parents must encourage a drug, tobacco and alcohol-free environment for their children” and youth sports organizations must “establish policy and implementation procedures for immediately dealing with substance use by coaches and players and communicate these policies to coaches, players, and parents.”

ATHLETES & STAFF -- ABSTAIN FROM DRUGS, ALCOHOL & TOBACCO

All TSSC athletes and staff (including coaches) shall abstain from the use of illegal drugs, consumption of alcohol and any form of tobacco while involved in any club related activity, this includes all aspects of team travel, practices and competition activities.

ATHLETES & STAFF WHO NEED HELP

TSSC is creating an atmosphere where individuals who are experiencing difficulties with substance use/abuse are able to seek help in a comfortable and safe environment. An individual who seeks help or makes a self report of a violation of this TSSC policy will be dealt with in a supportive manner. Such effort to seek help, providing the athlete/participant seeks help prior to a violation of policy, is reported to a staff member of TSSC, will result in less severe sanctions being instituted against the athlete/participant.

DRUG, ALCOHOL & TOBACCO FREE FACILITIES

TSSC facilities are a “Drug, Alcohol and Tobacco Free Zone”

VIOLATION

Violation of this policy will result in disciplinary action, and law enforcement may be notified. Being under the influence of the above substances while involved in club related activities, or being in possession of paraphernalia for the use of the same, is also deemed a violation of these rules.

TESTING

TSSC reserves the right, for cause, to require any athlete or staff member to submit to a drug test and/or counseling to determine the use of drugs or alcohol. The cost of the test shall be paid for by TSSC. Failure to submit to a test shall result in the loss of all membership privileges. These services are provided to protect the athlete’s rights. The coaches, staff and Board of TSSC are dedicated to providing a positive and rewarding experience for all its members. It is only with the help of the members themselves, that this can be achieved.

REFERENCES

A copy of the United States Ski and Snowboard Association (USSA) code of conduct may be obtained at: <http://www.ussa.org>. The U.S. Anti-Doping Agency policies may be obtained at: <http://www.usantidoping.org> and the World Anti-Doping Agency policies may be obtained at: <http://www.wada-ama.org>.

CONCUSSIONS

In order to help protect TSSC athletes and to comply with the laws of Colorado and the requirements of USSA, TSSC adopts the USSA policies and guidelines for Concussions.

COLORADO LAW

Colorado's new concussion legislation, took effect on January 1, 2012.

The new law requires:

- If a concussion is suspected, young athletes (between the ages of 11-18) must be removed from athletic practice and/or competition;
- The removed athlete will need written medical clearance to return to practice; and
- After medical clearance is obtained, athletic trainers can supervise the athlete's return to practice/competition.

ABOUT CONCUSSIONS

A concussion is a brain injury and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear.

RISK OF CONTINUED PARTICIPATION

A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death. The USSA recommends that Members review the Center for Disease Control's resources on concussion awareness at the following link:

http://www.cdc.gov/concussion/HeadsUp/online_training.html

USSA CONCUSSION POLICY

"Any USSA athlete under the age of 18 years suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in USSA sporting event (e.g. sanctioned training, practice, camps, competitions or tryouts), by the Technical Delegate or USSA member coach overseeing such sporting event. The minor athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in USSA sporting events by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to USSA in the clearance letter that he/she has successfully completed a continuing education course in the evaluation and management of concussive head injuries within three years of the day on which the written statement is made.

Upon removal of a minor athlete from participation for a suspected concussion/traumatic brain injury, the USSA TD or member coach making the removal must inform USSA Competition Services. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to USSA Competition Services in order to be permitted to participate in USSA sporting events.”

HELMETS

The safety and welfare of our athletes and employees is of the utmost concern to TSSC. To help protect our staff and athletes, TSSC requires the use of helmets as follows:

HELMETS -- ATHLETES

Helmets are mandatory for all athletes for on hill training sessions, as well as, all of the events in which we participate. No athlete will be allowed on the hill without a helmet. No exceptions. We mandate the use of helmets for all program participants regardless of age ability and accomplishments.

HEADPHONES

TSSC prohibits the use of headphones or ear buds during training and competitions for the safety of our athletes.

DISCIPLINARY POLICY

DISCIPLINE PROCEDURES TOWARDS ATHLETES

TSSC primary objective in all discipline procedures will focus on respect for coaches, parents, teachers, personal and club equipment/facilities as well as each other. Respect is the foundation from which we can develop our athletes both on and off the hill. This overall personal development is critical to the success of our athletes and the Club in general.

TSSC coaches will always make every effort to set up our groups and individuals for successful experiences. Some factors we consider when striving to create such an environment are:

1. The age of the athletes; what is developmentally appropriate for this age?
2. What is an acceptable physical expectation for this group, do they have the stamina?
3. Do the athletes have the ability to comprehend your instructions or plans?
4. Are you planning well for transitions? For example...to the cafeteria, locker rooms, packing vans, checking into hotels, etc.
5. Does this activity lend itself to creating more successful experiences in the future for these athletes? Is it a constructive activity?

When these few factors are considered when providing our group with tasks or instructions, we find that we have less need for disciplining our group.

“Don’t Find Fault, Find a Remedy”

Henry Ford

One of the most important aspects of discipline is to be sure that the individual being disciplined clearly understands what behavior was unacceptable. The consequences of their actions will be clear and consistent throughout the Club and in line with our mission statement.

Two things TSSC strives to remember are:

1. Criticize the act, not the person.
2. The purpose of discipline is to change the behavior.

The objective of discipline and follow up of unacceptable behavior is to teach acceptable alternative behavior. Each athlete must learn from disciplinary experiences in a positive manner, which will result in his or her continued growth within the TSSC. Our task here is to work with the athletes to build character and sportsmanship, and to become strong individuals. This goal will always be kept in mind when suspension of privileges or disciplinary action is enforced.

While we cannot name every specific situation, we can provide some guidelines for situations that require immediate intervention:

Category I Offenses:

An athlete does not comply with the Code of Conduct

An athlete is late

Foul language

Does not clean up

Does not carry out assigned tasks

Is disruptive to the group

Shows lack of respect for coaches, athletes, teachers, parents, or assignments

Category II Offenses:

Abuses teammate or another verbally

Leaves group without permission

Category III Offenses:

Abuses teammate or another physically

Uses another athletes or coach’s equipment without permission

Destroys or attempts to destroy club or another’s property

Violated TSSC Substance Policy

The athlete and athlete/parent handouts you received outline what our expectations are of our athletes and the athlete’s obligations. If an athlete does not meet their obligations and expectations, then we are obligated to invoke disciplinary action. **In all cases it is our policy to notify parents of any discipline actions we take.** Required actions are outlined below:

Category I Offense:

First Time Offense:

1 hour additional work for club to be assigned that day. Acceptable assignments: clean club house, provide training environment maintenance, etc.

Second Time Offense:

Suspend club privileges for the day. Send home if a parent is at home. If a parent is not home, send to club house with an assignment to clean and to wait for your return. If the athlete is not there upon your return, then immediate notification of parents and a 1 week suspension of privileges.

Third Time Offense:

One week suspension of club privileges. Notify parents and recommend all skiing privileges be revoked for the same duration. Athlete must write an essay detailing what they did, why they did it, what is an acceptable alternative behavior, and why they want to be in the Club; and submit it to their coach prior to returning to Club activities. Meet with parents to discuss recommendations to correct the behavior.

Any further infractions shall result in additional weekly suspensions and meetings with parents and program directors until an acceptable action plan can be agreed upon in an attempt to correct the behavior.

If the athlete is traveling with TSSC, a third time offense shall constitute immediately sending the athlete home at the parents' expense.

Category II Offense:

First Time Offense:

Suspend Training privileges for the day. Send home if a parent is at home. If a parent is not home, send to club house with an assignment to clean and to wait for your return. If the athlete is not there upon your return, then immediate notification of parents and a 1 week suspension of privileges.

Second Time Offense:

One week suspension of club privileges. Notify parents and recommend all skiing privileges be revoked for the same duration. Athlete must write an essay detailing what they did, why they did it, what is an acceptable alternative behavior, and why they want to be in the Club; and submit it to their coach prior to returning to Club activities. Meet with parents to discuss recommendations to correct the behavior.

Third Time Offense:

One month suspension of club privileges. Notify parents and recommend all skiing privileges be revoked for the same duration. Athlete must write an essay detailing what they did, why they did it, what is an acceptable alternative behavior, and why they want to be in the Club; and submit it to their coach prior to returning to Club activities. Athlete will also be assigned 10 club service hours. Meet with parents to discuss recommendations to correct the behavior.

Any further infractions shall result in suspension of club privileges for the season and more if deemed necessary by the parents, coach and program director. Additional corrective action shall be agreed upon by all parties involved.

If an athlete is traveling with TSSC a second time offense shall constitute immediately sending an athlete home at the parents' expense.

Category III Offense:

These offenses are much more serious.

Physical abuse is illegal. Notify your program director and parents. Corrective action plan and the decision of whether the authorities will be notified will be made by all parties involved.

Borrowing someone's stuff without permission is considered theft. Immediate action is required. Notify your program director and the parents.

Destruction of property is considered vandalism. Suspension of club privileges is required. Notify your program director and parents. Corrective action plan and the decision of whether the authorities will be notified will be made by all parties involved.

Use of Drugs or alcohol is illegal. Suspension of club privileges is required. Notify your program director and parents. Corrective action plan and the decision of whether the authorities will be notified will be made by all parties involved.

First Time Offense:

Two week suspension of club privileges. Notify parents and recommend all skiing privileges be revoked for the same duration. Athlete must write an essay detailing what they did, why they did it, what is an acceptable alternative behavior, and why they want to be in the Club; and submit it to their coach prior to returning to Club activities. Meet with parents to discuss recommendations to correct the behavior.

Second Time Offense:

One month suspension of club privileges. Notify parents and recommend all skiing privileges be revoked for the same duration. Athlete must write an essay detailing what they did, why they did it, what is an acceptable alternative behavior, and why they want to be in the Club; and submit it to their coach prior to returning to Club activities. Athlete will also be assigned 15 club service hours. Meet with parents to discuss recommendations to correct the behavior.

Third Time Offense:

One season suspension of club privileges. Extreme cases which may include, but are not limited to, excessive use, selling, distributing, etc. may constitute notification of the proper authorities and permanent expulsion from club activities. Notify parents and recommend all skiing privileges be revoked for the same duration. A minimum of 40 club service hours will be required to be completed if reinstatement of club privileges is granted. Program director and parents will meet to discuss corrective action plan.

Any further infractions shall result in suspension from club privileges for the season and more if deemed necessary by the parents, coach and program director. Additional corrective action shall be agreed upon by all parties involved.

If an athlete is traveling with TSSC, a first time offense shall constitute immediately sending an athlete home at the parents' expense.

The above outlined actions are **NOT** negotiable!

COACHES CODE OF ETHICS

The athlete/coach/student/teacher relationship is a privileged one. Coaches/teachers play a critical role in the personal as well as athletic/intellectual development of their athletes/students. They must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches must also recognize that they are conduits through which the values and goals of a sport

organization are channeled. Thus, how an athlete regards his/her sport is often dependent on the behavior of the coach.

TSSC is adopting the following Code of Ethics adapted from the Canadian Ski Coaches Federation Code of Ethics which was developed to aid coaches in achieving a level of behavior that will allow their athletes in becoming well-rounded, self confident and productive human beings.

The following Coaching Code of Ethics is organized around four ethical principles:

Respect for Participants - this principle challenges coaches to act in a manner respectful of the dignity of all participants in the sport.

Responsible Coaching - this principle carries basic ethical expectations that the activities of coaches will benefit society in general and participants in particular, and will do no harm.

Integrity in Relationships - this principle means that coaches are expected to be honest, sincere and honorable in their relationships with others.

Honoring Sport - this principle challenges coaches to recognize, act on and promote the value of sport for individuals, teams, other partners in the sport and for society in general.

Each main principle is followed by an explanation of a key word that is supportive of the main principle.

Respect for Participants		-
1	<i>Respect</i>	- Treat all participants, officials and volunteers in sport with respect at all times. - Provide feedback to athletes and other participants in a caring manner that is sensitive to their needs, e.g. focus on performance rather than the athlete. - Not engage publicly in demeaning descriptions of others in sport (e.g. statement, conversations, jokes , presentations, media reports)
2	<i>Rights</i>	- Recognize athletes' right to consult with other coaches and advisors - Respect athletes as autonomous individuals and refrain from intervening inappropriately in personal affairs which are outside the generally accepted jurisdiction of a coach.
3	<i>Equity</i>	- Treat all participants equitably within the context of the sport regardless of gender, race, place of origin, athletic potential, color, religion, political beliefs, socio-economic status, sexual orientation or any other conditions. - Act to prevent or correct practices that are unjustly discriminatory.
4	<i>Empowerment</i>	- Encourage and facilitate participants' abilities to be responsible for their own behavior, performance and decisions.
5	<i>Informed Participation</i>	- Communicate and cooperate with family members or guardians, involving them in appropriate decisions which affect them.

6	<i>Confidentiality</i>	- Keep confidential, unless detrimental to the athlete, any information about athletes or others which have been gained through coaching activities and which they believe is considered confidential by those persons. -Exercise discretion in recording and communicating information so that information is not interpreted or used to the detriment of others.
Responsible Coaching		
7	<i>Professional Training</i>	- Be responsible for achieving and maintaining a high personal level of professional competence through appropriate training. - Keep themselves up to date with relevant information through personal learning, discussions, workshops, courses, conferences etc. to ensure their services will benefit others
8	<i>Self Knowledge</i>	Evaluate how their own experiences, attitudes, beliefs, values and stresses influence their actions as coaches and integrate this awareness into all efforts to benefit others.
9	<i>Beneficence</i>	Coach in a way that benefits athletes, removing harm and acting consistently for the good of the athlete, keeping in mind that the same training, skills and powers that coaches use to produce benefits for athletes are also capable of producing harm.
10	<i>Coaching Limits</i>	- Take the limits of their knowledge and capacity into account in their coaching practice. In particular, coaches must not assume responsibilities for which they are insufficiently prepared - Refrain from working in unsafe or inappropriate situations that significantly compromise the quality of their services and the health and safety of athletes.
11	<i>Team Effort</i>	- Recognize and accept when it is appropriate to refer athletes to sport specialists - Recognize that athlete development is a team effort and that passing an athlete on to another coach at a different level within the system, if beneficial to the athlete, should be encouraged.
12	<i>Complete Effort</i>	- Ensure that every reasonable effort has been applied to help the athlete reach their potential.
13	<i>Athlete's Interest</i>	- Be aware of significant pressures in athletes' lives, e.g., school, family and financial pressures, and coach in a manner that fosters positive life experiences.
14	<i>Safety</i>	- Ensure that athletes train and perform in suitable and safe settings. - Make athletes aware of their responsibilities for participating safely in the sport

15	<i>Sexual Relationships</i>	- Be acutely aware of power in coaching relationships and, therefore, avoid sexual intimacy with athletes, either during coaching or for that period of time following completion of the athlete's career during which an imbalance of power could jeopardize effective decision making. The principle of zero tolerance should be exercised. - Abstain from and refuse to tolerate in others all forms of harassment, including sexual harassment. Sexual harassment includes either or both of the following: a. the use of power or authority in an attempt to coerce another person to engage in or tolerate sexual activity. Such uses include explicit or implicit threats of reprisals for non-compliance or promises of reward for compliance; b. engaging in deliberate or repeated unsolicited sexually oriented comments, anecdotes, gestures, or touching: i. are offensive and unwelcome ii. create an offensive, hostile or intimidating environment; iii. can be expected to be harmful to the recipient and or team mates.
16	<i>Extended Responsibility</i>	- Recognize and address harmful personal practices of others in the sport, e.g., drug and alcohol use addiction, physical and mental abuse, misuse of power.
Integrity in Relationships		
17	<i>Honesty</i>	- Accurately represent their qualifications, experience, competence and affiliations in spoken and written communications, being careful not to use descriptions or information which could be misinterpreted
18	<i>Honorable</i>	Know the sport rules, regulations and standards, and support and abide by them
19	<i>Conflict of Interest</i>	- Not exploit any relationship established as a coach to further personal, political or business interests at the expense of the best interest of participants in the sport. - Declare conflicts of interest when they arise and seek to manage them in a manner which respects the best interests of all those involved
Honoring Sport		
20	<i>Drug Free Sport</i>	Actively discourage the use of performance enhancing drugs and support athletes' efforts to be drug free
21	<i>Positive Role Model</i>	- Maintain the highest standards of personal conduct and project a favorable image of skiing and ski racing and of coaching to athletes, other coaches, officials, spectators, families, the media and the general public.

22	<i>Responsibility to Industry Partners</i>	- Promote cooperation with ski areas, ski schools, the skiing public and other groups that participate in and promote skiing and snowboard sports.
23	<i>Respect for Other Coaches</i>	- Respect the good efforts of other coaches in the field. Refrain from vilifying the actions of other coaches in public or private

TRAVEL POLICIES

When traveling to events, TSSC may arrange for older athletes to travel in team vehicles with TSSC coaches. When traveling with the team, all TSSC Athletes are expected to:

1. Be on time for all departures (please arrive early to help load the team vehicles)
2. Have their equipment ready prior to departure
3. Assist in loading, unloading and cleaning the team vehicles
4. Be sure all travel forms are complete and costs are paid in advance
5. Wear seat belts at all times -- it the responsibility of the athletes not the coaches to make sure they remain buckled up for the entire trip.

Younger athletes do not travel with the team, nor in the vans unless a specific exception has been made. These athletes and their parents are responsible for all transportation, housing, food, and cost associated with travel to the competition. The athlete will travel with and remain “in the custody” of their parent or their parent’s designee. The coaches will provide information as to where the coaches will be staying, the site of the venue, and other pertinent information.

While traveling for TSSC sanctioned events or training, coaches shall be responsible for team members who signed up to travel with the team on and off the hill. If TSSC team members are granted permission to travel and/or lodge with their parents or other parties, TSSC coaches are ***not*** responsible for the actions of those team members when they are off the hill.

TSSC GENERAL INFORMATION & TRAINING FACILITIES

USSA MEMBERSHIP

- ❖ **ALL** members of TSSC must have a current USSA number before they can participate in **ANY** club activity. Forms are available at the TSSC Office or online at the USSA website, www.ussa.org, go to “Membership Tools □ “Register Online”. Renewals must be postmarked by **October 14th** in order to avoid late fees.
- ❖ TSSC is in the ROCKY MOUNTAIN DIVISION for all disciplines.
- ❖ USSA’s membership services may also be reached at 435-647-2666 or membership@ussa.org
- ❖ USSA requires that all members provide medical insurance information on their application or else sign USSA’s medical waiver. Student health insurance is available through the public school system.
- ❖ Please do not wait until the last minute to deal with these forms...USSA becomes extremely busy at the start of the winter season and may not be able to process your form immediately or without extra “rush” charges.

RESPONSIBILITIES OF BECOMING A TSSC MEMBER

- ❖ Full registration form, including full program and work credit deposit payment due before participation in any TSSC program
- ❖ Current membership in USSA
- ❖ Volunteer participation via work deposit program (we are a nonprofit organization and depend on fundraisers and donations for half of our operating budget)
- ❖ Participation and attendance at fundraisers and home events

EXPECTED ADDITIONAL COSTS

- ❖ Above and beyond athletic dues and work credit deposit, there are additional costs that must be anticipated for each athlete, including but not limited to: USSA dues, season passes, helmets, equipment and costs involved with travel to away events.
- ❖ If you have questions or concerns regarding these costs, please do not hesitate to contact the TSSC office...we are happy to discuss them with you and offer options, including possible Financial Assistance.

COMPETITIONS

- ❖ Every competition venue will have its own release form...please make sure you are aware of this at every event and come prepared.
- ❖ While we like to encourage parents to accompany their children to away events, we understand that this cannot always happen. TSSC encourages parents to help each other with travel to away competitions. However, TSSC will also provide transportation with the team and coaches to most events for athletes, age 14 or older.
- ❖ Payments for all competitions are required BEFORE the event. Due dates will be listed on the event forms.

SPECIFIC PROGRAM INFORMATION

- ❖ Information specific to your discipline is available in the “Information Packet” at the TSSC website. If you have any questions that are not addressed in the information packet, please contact the TSSC office or the appropriate program director.

DRYLAND TRAINING

- ❖ Dryland Training is for all disciplines. Please see program information for schedules. It is formulated to begin building skiing/snowboarding muscles and core strength. Athletes should wear sneakers and bring appropriate clothing to train outside.
- ❖ Completed registration forms and current USSA membership is required prior to participation.

FUN HOME “RACES”, MOGUL COMPETITIONS AND BBQS

- ❖ “Home Races” and southwest mogul tour competitions are fun events designed for all ages and disciplines to expose our athletes to a friendly competition venue. The racing (in gates) is on Nastar hill, and the southwest mogul tour events are scheduled to be on Dew Drop. Please see our calendar of events for dates.

FUNDRAISERS

- ❖ Dues that are collected by TSSC cover 25% of our total program expenses. The balance is made up through our fundraising efforts. Here is a brief description of TSSC fundraisers and events for the season:

March

Ski/Board-a-thon All disciplines collect pledges and try to see how many laps they can go!

June

Bluegrass Festival A TSSC Tradition! Our Killer Flank Steak Sandwich Booth is fun work for this 4-day music festival!

August

Steve Butts Memorial Open to anyone who
Golf Tournament loves to play!

September

Blues & Brews Festival Mid-September. Pizza Booth workers get their groove on at this 3-day music festival.

HEADQUARTERS and TSSC ADMINISTRATIVE OFFICE

- ❖ Located at the Base of Lift 7 in the Cimarron Lodge complex. The physical address is 300 S. Mahoney, Unit C-4, on the ground floor.

SEASON PASSES

- ❖ Season passes are available to all regional children at the Telluride Ski & Golf Company Pass Office, in the Mtn. Village Activities Center in the Gondola Building or at the ticket office located at the bottom of Chair 7 in town.

FINANCIAL ASSISTANCE INFORMATION

FINANCIAL ASSISTANCE -- DIRECTIONS FOR APPLICATION:

Who should apply?

- ❖ Applicant has completed one season of Ski P.E. or TSSC
- ❖ Applicant has at least an advanced intermediate ability level (comfortable on double blues)
- ❖ Financial Assistance is based on need, income and motivation and decided by the Financial Assistance Committee

When is the application due?

- ❖ Application must be received no later than **September 27th**.
- ❖ Applications may be hand delivered to TSSC Office staff at Base Camp/Headquarters located at the base of Lift 7/in the Cimarron Lodge Complex
- ❖ **Incomplete or late applications will not be considered!**

How do I apply?

- ❖ The application is posted on our website with our information and registration materials.
- ❖ **All applications must be reviewed by the Financial Assistance Committee—office staff, coaches and program directors do not have authorization to offer financial assistance**

VOLUNTEERISM & WORK CREDIT DEPOSIT INFORMATION

As a community based 501 (c) (3) non-profit, TSSC relies heavily on the generosity of many volunteers and friends who give countless hours to help with club-related fundraising, activities and events. We cannot exist without the incredible support and dedication of our members and their families. Likewise, TSSC feels strongly that the greater the parental participation in various club activities, the better our program will be as well as a better experience for the children involved in these sports. With this in mind, we include a work credit deposit as part of our total annual dues. This is a standard program in most ski and snowboard clubs across the country.

- Only one work credit deposit per family
- Mandatory deposit of \$250 will be asked to fulfill 20 hours. You must complete the 20 hours to receive your deposit back. No partial deposits will be returned.
- Families may earn back their deposit by helping at club-sponsored events, races, making food for meetings/banquets or helping out in the office
- A work credit deposit is required of each family ***at the time of registration***
- The work credit “season” will run from October 1st– September 30th.
- We would like to encourage that all athletes 14 years of age or over contribute at least 8 volunteer hours to the Club to be credited to their service learning hours.

► To receive credit for volunteering, you must **EMAIL YOUR HOURS**, or fill out a “WORK CREDIT FORM”; have it signed by a supervisor of the event and deliver to the TSSC Office (via mail, fax, or dropping it off during office hours). The forms are available on our website and at the TSSC office. DO NOT turn in these forms to coaches or supervisors...they are not responsible for getting them to the TSSC Office. If you do not email your hours/fill out a form, you will NOT get credit for your time, as it is the only way for us to track your volunteer hours. We greatly appreciate any help! Thank you!

Here are just a few examples of work credit opportunities...

- Freestyle/Snowboard/Alpine Races & Events: registration, making or selling lunches, course work, timing, officiating, assisting race administrators, etc.
- Ski Swap
- Home Races: Kitchen helpers, set-up and tear down, stuffing goodie bags, etc.
- Ski/Board-a-thon: lap counters, snack preparers, chaperones, Program Coordinator assistants.
- Bluegrass Steak Sandwich Booth: set-up and tear down booth, sandwich—makers, sellers, slicers, dicers, corn butterers, etc.
- Blues & Brews Pizza Booth: set-up and tear down, sauce slappers, cheese flingers, pie tossers, etc.
- Miscellaneous office duties (ask Sarah for specifics)
- Many other opportunities...