



ATHLETE RESPONSIBILITIES

All PCST athletes must conduct themselves in accordance with the rules below and are responsible for adhering to them as a member of the PCST. The rules listed below are not intended to be exhaustive, but are based on common sense ("acting like a normal human being"). Each athlete must realize that they represent not only themselves, but the PCST, PCSEF, Park City Mountain Resort, the community of Park City, and the sport of alpine ski racing. The actions of individual athletes can enhance or severely compromise the image of the PCST. As such, every participating athlete of the Park City Ski Team agrees to the following rules:

General Rules:

1. Follow and uphold the rules and code of conduct set forth by the PCST, the ski area(s), the USSA code of conduct and their school policies.
2. Understand that participation with the PCST is a privilege. This means that any athlete may be a member of the PCST only on the condition that she/he fulfills the program requirements and abides by the rules and the principles of the group. A privilege can be revoked as soon as a member fails to maintain his or her part of the "contract" signed at the beginning of the season.
3. Conduct herself / himself with the highest level of integrity.
4. Maintain serious commitment to personal development, as an athlete, student and individual.
5. Rely upon and obey the judgment and direction of the coaches.
6. Read all of the program documents carefully. If there are any questions about the program documents discuss them with the Program Director. Sign and complete the related forms, waivers and contract and abide by the provisions of these agreements.

Training Rules:

7. Show respect and support to teammates and staff and to each other's property. Bullying, destruction of property, and/or other forms of harassing behavior will not be tolerated.
8. Be on time for scheduled training and meetings. It is difficult to conduct safe and goal oriented training if athletes are not present for training and meetings.
9. Keep your frustrations and temper in check. Outbursts of profane language will not be tolerated.
10. Observe all safety instructions on the hill and when traveling.

Locker Room Rules:

11. Locker Room is for PCST Athletes and Staff
12. Keep your personal locker and the locker room clean.
13. Respect your equipment and your teammates' equipment.
14. Use the back door to enter the team room only.
15. Respect the building and do not damage the team room, the stairwell, or parking areas. Athletes will be responsible for any damage to the team room that they cause.

Travel Rules:

16. Refer to PCST Athlete Travel Policies Sheet.

Academic Rules:

17. Refer to the PCSEF Education Policy.

Prohibition of Illegal Drug and Alcohol Use Rules:

18. Refer to PCSEF Drug and Alcohol Policy.