



## ATHLETE TRAVEL POLICIES

PCST Staff are responsible for implementing travel policies while traveling to camps and competitions. Staff must notify the Program Director of any athlete violations of these policies:

1. Athletes must wear their seat belts while traveling in PCST vehicles.
2. Athletes must follow all directives of the vehicle operator, observe safe driving habits as passengers and not cause unnecessary distractions to the vehicle operator.
3. Athletes will be held responsible for any damage they cause to vehicles.
4. Athletes will place their trash in bags provided by the vehicle operator. Failure to observe this rule may result in a "no food or drink" policy in PCST vehicles.
5. Athletes must attend all scheduled athlete meetings while attending camps or competitions with the PCST.
6. Athletes must adhere to all curfews and schedules set at athlete meetings.
7. Athletes will be responsible for any room damages they cause. In the case of unreported damages, all athletes assigned to that room will share such costs.
8. Athletes will be responsible for phone bills or other incidental charges to their rooms.
9. Athletes will respect each other and each other's property.
10. Athletes who sign up to travel with the team are committed to travel costs. Changes in travel plans, once signed up for PCST travel, will not result in the return of travel expenses paid.
11. Athletes may not travel in private vehicles to events or at events without prior written permission from their parents.
12. Athletes will abide by all ski area rules, USSA/FIS rules, and PCST rules during camps and competitions.
13. Upon arrival at camps or races, athletes are responsible for calling their parents with contact information such as the phone number of their room.
14. Athletes will make every effort to use their coaches for the intended role of supporting their athletic goals. Athletes must understand that when coaches are forced to turn their attention to athlete behavior and the enforcement of policies, less attention is available for coaching. As individuals and as a Team, we should all be focused on what we are at camps and competitions to achieve.