

# **Fernie Nordic Racers Athlete Code of Conduct: 2025-2026**

The purpose of this Code of Conduct is to ensure a safe and positive environment within the Fernie Nordic Racers (FNR) program, by making all Individuals aware that there is an expectation of appropriate behaviour, consistent with the values of Cross Country BC (CCBC), at all times.

FNR follows the lead of CCBC and is committed to providing an environment in which all individuals are treated with respect. Further, CCBC supports equal opportunity and prohibits discriminatory practices. Individuals associated with FNR are expected to conduct themselves at all times in a manner consistent with the values of CCBC that include fairness, integrity, open communication, and mutual respect.

## **Guidelines**

Athletes should:

1. Strive to be positive and supportive of other team members.
2. Work as a cooperative member of the team.
3. Show appreciation for coaches, officials and others directly or indirectly supporting the FNR program. Encourage others to do the same.
4. Consistently demonstrate the spirit of sportsmanship, sports leadership, ethical conduct, and fair play. You represent the FNR program, and are the youth ambassadors for the Fernie Nordic Society, and the sport of cross-country skiing.
5. Be modest in victory and gracious in defeat.
6. Demonstrate that it is a privilege to represent the Fernie Nordic Racers program.

## **Rules**

Athletes must:

1. Arrive to training practices and races on time and prepared.
2. Bring a positive aptitude to ALL training practices, with the understanding that training can be challenging. Negativity will not be tolerated.
3. Engage in full participation at practices, races, and fundraising activities. Show up ready to train with intent, and have fun.
4. Understand that without volunteers and the support of the Fernie Nordic Society, the race program would not function.

5. Advise coaching staff of any injuries as they arise. Modify training, under the direction of the coaching team, if appropriate. Seek assistance from a medical professional to rehabilitate and remediate injuries, when appropriate.
6. Adopt healthy lifestyle choices including adequate daily hydration, a balanced, nutritious diet, and sufficient sleep.
7. Compete within the spirit and meaning of CCBC competition rules, and maintain respect for the authority of officials at all competitions.
8. Maintain respect towards coaches, parents, volunteers, officials, other athletes, members, and the public at large. Consistently treat everyone fairly and reasonably. Verbal or physical behaviour that constitutes harassment or abuse is unacceptable.
9. Treat with respect all property owned or borrowed from FNR, including training equipment, waxing equipment and supplies, roller skis, team clothing, and race- day equipment. Respect the equipment of fellow athletes and do not willfully cause damage.
10. If using a FNR race suit, the separate care sheet provided with your loaned suit MUST be followed. Failure to do so may cost you >\$320 to replace the suit.
11. Never use tobacco, cannabis, or alcohol without exception.
12. Abstain from the use of non-approved drugs and performance-enhancing substances.
13. Follow CCBC's Risk Management Policy on Cold Weather Guidelines for Training and Racing.
14. Complete the Concussion Awareness Training Tool for athletes every two years, and submit a copy of your completed certificate to the Program Coordinator.
15. Complete any additional training requirements as they arise, per CCBC, FNS and or FNR requirements, in a timely fashion.

### Agreement

I, by signing this document, indicate that I have read, understood, and agree to follow the Fernie Nordic Racers Athlete's Code of Conduct.

Athlete Name:

Parent Name:

Date:

