

PARENT ORIENTATION INFORMATION

HOTLINE: (801) 943-4889 HOMEPAGE: www.sbsef.com

PROGRAM DIRECTOR:

STEVE BOUNOUS

Office: (801) 943-5628

Hill Office Direct: (801) 933-2496

steve@sbsef.com

Manager Logistics and Events/Race Dept.

Tami Strong

Office: (801) 943-5628

Hill Office Direct: (801) 933-2180

Tami@sbsef.com

Bookkeeper/Accounts

Jennifer Hoefler

Office: (801) 943-5628

FAX: (801) 943-8261

Jennifer@sbsef.com

Head Coaches – Hill Office: (801) 933-2196

FIS TEAM Kevin Chaffee chaffski@gmail.com	FIS Team Assist. Coach – Karin Harjo
J3 Team Fritz Wood: Fritz@sbsef.com	J4/J5 Team: Jerimy Jones: Jerimy@sbsef.com
Devo Team: Matt Wigdahl: matt@sbsef.com	Freeride : Rob Greener: Rob@sbsef.com

TEAM RULES AND POLICIES

Each member of **SBSEF** is required to read and understand the **SBSEF** Team Rules and Policies and sign the **SBSEF** Team Rules and Policy Agreement.

These exist to protect the coaches and to eliminate any confusion as to what they should do when the team rules have been broken by an **SBSEF** member while that member is under direct supervision of the coaching staff.

SBSEF Team Rules and Policies include:

- *Participation Requirements**
- *Financial Policy**
- *Medical/Accident Insurance**
- *Athlete Responsibility Code**
- *Snowbird Ski Area Rules**
- *Team Code of Ethics**
- *Transportation Rules**
- *Discipline Guidelines for Violation of Team Policies & Travel Rules**
- *Drug Policy**
- *Mountain and Road Closure Policy**
- *Binding Adjustment Notice**
- *SBSEF Team Rules and Policies Agreement**

PARTICIPATION REQUIREMENTS

It is the responsibility of each athlete to meet the following requirements:

1. Complete and return your SBSEF application and Financial Agreement.
2. You must sign both the Code of Ethics and Medical Releases on the app.
3. Be a current member of USSA and Intermountain Division.
4. Complete any additional IMD/Western Region/ FIS forms.
5. Review and understand the SBSEF Handbook.
6. Abide by and support all SBSEF and Snowbird Corporation Rules and policies.
7. Bear all related costs of training, racing, and travel.
8. Maintain all personal ski equipment.
9. Be prepared for each training session.
10. Support and maintain the goals of the Snowbird Ski and Snowboard Team.
11. Support your fellow team member.

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SBSEF FINANCIAL MANAGEMENT POLICES

- 1) **Team** deposits must be **paid** in full (starting July 1st of the current year) before an athlete can participate in team activities.
- 2) **Team fee** final payment must be **paid** by November 1st of the current season. If team fees are not paid in full, team activities must be discontinued until outstanding balances are paid.
- 3) No athlete will be allowed to join the team unless all bills from the previous year are paid in full.
- 4) All returned checks will be charged a \$35 reprocessing fee.
- 5) All costs including attorneys fees, associated with the collection of delinquent or past due accounts will be the responsibility of the debtor.
- 6) SBSEF is requiring **all athletes who travel to away races** have one credit card and signature on file. All travel fees have a due date according to the trip sheet sent out by the head coach. Any outstanding travel balances not paid before or on the due date will be assessed a 5% late fee and the Credit Card on file will be automatically charged without notification, 7 days after the trip sheet due date. If there is no credit card on file, SBSEF reserves the right to withdraw an athlete from travel if payment is not made before the due date.

_____ I give permission for SBSEF to keep one credit card on file with my signature and understand that card will be automatically charged after a 7 day grace period from due date of the trip sheet plus a 5% late fee if my travel fees are not paid according to the policy. I also understand that there is a 3% discount for cash and prices listed are cash prices which means my CC will be charged 3% extra.

By signing the below I agree to allow SBSEF to charge one of these credit cards.

_____ (Card Number)

_____ (type)

_____ (Exp. Date)

_____ (Signature of person on card)

_____ I am not willing to keep a credit card number but understand that if my travel fees are not paid before the due date, my athlete may be withdrawn from the trip and not allowed to travel to that particular race.

I agree to SBSEF's Financial Management Policy.

Signature – agreed and accepted (parent/guardian must sign if athlete under 18)

Revised July 1, 2009

MEDICAL / ACCIDENT INSURANCE

SBSEF and USSA competitors are required to have valid and sufficient medical and accident insurance coverage and to accept full responsibility for provision of coverage as a condition of participation in training and competition, per the Acknowledgement and Assumption of Risk and Release statement. Proof of insurance is required by SBSEF and is recommended that each racer carry proof so that prompt medical/hospital care can be authorized, if ever needed. SBSEF medical release copies will also be kept available in the van and at Snowbird.

Athlete Responsibility Code

Athlete agrees to:

1. Represent him or herself, the Snowbird Ski and Snowboard teams the Snowbird Ski and Summer Resort, and the sport of alpine skiing and snowboarding in the highest level of integrity.
2. Represent him or her in a respectful manner at all times. This includes but is not limited to: school activities, team activities, training on and off the hill, at home and away races, camps and any other related activities
3. Maintain a high level of personal responsibility.
4. Be courteous, and respect the decisions of the coaching staff, race officials, ski area employees and personnel.
5. Follow and uphold the rules and code of conduct set forth by SBSEF and Snowbird Ski Resort, away areas, and USSA.
6. Understand that participation with the Snowbird Ski and Snowboard teams are a privilege that can be revoked. Each athlete will obey and respect all rules. Violations of rules and policies will result in disciplinary action imposed by the Foundation.
7. Submit all completed application forms, team agreements and releases prior to participating in any team activity for the coming year.

Snowbird Ski Area Rules and Policies

SBSEF appreciates being a part of Snowbird. We have a good working relationship with Snowbird and we will do everything we can to promote goodwill and cooperation.

There are various rules of the Snowbird Ski Resort, violations of which may result in disciplinary action i.e. loss of season pass, suspension from team activities or termination from the ski team. Violations include but are not restricted to:

1. Skiing or Snowboarding in a closed area.
2. Skiing or Snowboarding in an avalanche closure.
3. Collision (with an SBSEF member at fault)
4. Reckless (out of control) skiing.
5. Unauthorized line cutting.
6. Misuse or fraudulent use of tickets or passes.
7. Unloading from moving lifts at any area not designated as such.
8. Profanity and disorderly conduct.
9. Use of alcohol and drugs.
10. Fast skiing or Snowboarding in slow skiing areas.
11. Snowbird Resort recommends carpooling at all times. Please adhere to this policy.

In addition, the following policies are to be observed: While skiing at Snowbird.

1. Carry your current season pass at all times when skiing and training. No pass, no skiing.
2. Have your pass ready to show the lift attendant, every time. It is their job. Please show your pass in a courteous manner.
3. Be courteous and respectful of all area employees and customers. The general skiing public always comes first.
4. Observe all ski area signs.
5. No tucking on any slopes, unless designated by the coach.
6. Never jump on the main groomed runs or in an uncontrolled blind spot.
7. Spread yourselves out between teammates. Skiing fast in a tight group is dangerous, and may offend or intimidate other guests of Snowbird.
8. Avoid crowded slopes and intersections. SLOW DOWN in crowds, at intersections and BEFORE getting to the lift loading areas.
9. If stopped on a slope, go to the side. Don't hang out in the middle of a slope.
10. Do not bad mouth the ski area or area personnel. We are guests of Snowbird.
11. If stopped by patrol, a lift attendant or if in conflict with another skier, accept their point of view and follow their instructions with no argument. They may not always be right, but we are their guests. Period. Notify your coach of the circumstances.
12. In case of emergency, contact the ski patrol at any emergency phone, (know where they are located) or go to the lift attendant at the top or bottom of any lift.
13. Be polite and clean in all eating areas. Parents and racers are asked not to "brown bag" in the Rendezvous Restaurant during the lunch rush periods.

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TEAM Code of Ethics

1. Show support of teammates and all skiers and snowboarders.
2. Help less experienced teammates or friends.
3. Display good conduct.
4. Be polite to the public.
5. Assist fallen skiers or snowboarders.
6. Obey lift line rules.
7. Pick up trash around lifts and ski area.
8. Bus your lunch table.
9. Ski or board with the flow in crowded areas.
10. Place skis and snowboards in ski racks, and keep area clean.

Transportation Rules

The following rules apply to travel in team vehicles and must be adhered to. Team members committing infractions may lose the privilege of riding in team vehicles and will have to find their own means of transportation. Major infraction will result in loss of pass and/or team suspension.

1. Seat belt use is mandatory at all times while riding in team vehicles.
2. No matches, butane lighters, aerosol cans or flammable substances are allowed in team vehicles.
3. No excessive horse play.
4. No throwing of objects in the van.
5. Driver Zone" is to be respected. No distraction or inconveniences are allowed in the driver's area. No distracting the driver, especially in extreme driving conditions.
6. Proper respect and care of team vehicles are to be taken at all times. Vehicles are to be kept in clean condition. Each age group has only one chance to leave a messy vehicle, after which there will be no food and beverages allowed in the vehicle.
7. Athletes will be financially responsible for any damages that may result to team vehicles or lodging facilities.
8. Be on time for all departures.
9. Assist in loading and unloading team vehicles.
10. Have skis tuned and travel waxed prior to departure
11. Obey curfew times set by coaches and all travel rules and policies.
12. Athletes must travel and stay with SBSEF coaches when going to out of town races, unless otherwise prearranged and approved by the coaches.
13. Do not drive personal vehicles to away activities unless permission has been given by coach and parent.
14. Understand that travel team selections are based on IMD criteria, team time trials, and coach's discretion.

Discipline Guidelines For Violations of Team Policies and Travel Rules

Violation Definition:

Major violations of Team Travel Rules are

1. the illegal use of drugs or alcohol.
2. major curfew violations, theft, vandalism, or assault.
3. any activity leading to the arrest of the athlete.

Minor violations of Team Travel Rules are

1. any violation not defined as a Major Violation.

Discipline Guideline:

1a. For Major violations of the SBSEF Travel Rules, the staff will select one or more of the following consequences.

1. USSA/IMD Sanctions, if applicable.
2. suspension from one or more race starts.
3. parent/guardian attendance at one or more event.
4. temporary or permanent suspension from SBSEF.

1b. In addition, any athlete involved in a major violation will work a minimum of 16 service hours.

2. An arrested athlete may be left with the police for his/her parents to pick up. In addition, the guidelines in #1 will apply.

3. A second, major violation committed within 365 days of the 1st violation may result in suspension from SBSEF. The athlete will also be required to perform a minimum of 32 service hours.

4. A third, major violation within the career of the athlete will result in expulsion from SBSEF.

5. Athletes who do not admit guilt at the time of infraction may incur increased penalties.

Minor Violations

Consequences for minor violations may range from appropriate work details to suspension for some or all team services.

Appeals

An athlete may appeal to the Appeals Committee which consists of the Head Coach and a quorum of the SBSEF Board of Directors.

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SNOWBIRD SPORTS EDUCATION FOUNDATION DRUG POLICY

POLICY STATEMENT (13 and Older)

It is the goal of the Snowbird Sports Education Foundation (hereinafter referred to as SBSEF) to advance each athlete's skills, to maximize their athletic potential, and help build the discipline, drive and determination for them to succeed in whatever arena they may choose. SBSEF will strive to be a positive force in each and every athlete's life and will help athletes reach their goals by providing a positive and healthy environment.

Practical experience and research has proven that even small quantities of illegal drugs or abused prescription drugs can impair judgment and reflexes which can create unsafe conditions for athletes. Athletes who abuse drugs are a threat to co participants, themselves and may make injurious errors.

In order to achieve our goal of providing a drug free environment SBSEF will commence drug testing pursuant to the below procedure for athletes that will be 13 or older as of January 1 of the upcoming season as a condition for participation in any SBSEF activity, including but not limited to, dryland training, on snow training, and participation in any race as a SBSEF athlete.

PROCEDURE

A. RANDOM TESTING --Random testing will be conducted on a non announced basis throughout the ski year at the program directors discretion, but not less than two occasions each competitive year. Fifteen percent of all eligible athletes will be selected in each random screening. Selection for the random testing will be accomplished by a computerized system so as to ensure that all athletes are equally eligible for testing. Upon notification the athlete must present themselves

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immediately at the specified collection facility which is anticipated to be the Snowbird Clinic. It is anticipated that notification of selection in a random screening will be provided to the athlete during training at Snowbird.

B. REASONABLE CAUSE The Program Director may require an athlete to submit to a drug screen based upon reasonable cause. Reasonable cause shall exist when the Program Director has personally observed, or has been observed by a coach who has observed facts and circumstances that lead a reasonable person to suspect drug abuse.

INFRACTIONS

A.. FIRST INFRACTION -The athlete shall be suspended from participation in any SBSEF activity until the athlete has provided a negative test result at their own expense and proof of completion or ongoing participation in counseling and or a drug treatment program. The drug screen to be conducted through the Snowbird Clinic, or another testing facility that has been preapproved by the Program Director. All athletes who have previously tested positively, will be tested in all random tests for 12 months following their reinstatement.

B. SECOND INFRACTION-The athlete shall not be entitled to participate in any SBSEF activity for the remainder of the season. Prior to reinstatement the athlete must demonstrate proof of participation in counseling and or a drug treatment program and must provided a negative test result at their own expense, the drug screen to be conducted through the Snowbird Clinic, or another testing facility that has been preapproved by the Program Director. All athletes who have twice tested positively, will automatically tested in all random tests as a condition of the their reinstatement and continuing participation in any and all SBSEF activities.

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C. THIRD INFRACTION-The athlete will not be eligible for reinstatement.

D. FAILURE TO PROVIDE SAMPLE --Failure to report to the designated collection site shall be deemed a positive result.

E. VERIFICATION An athlete will not be subjected to the discipline procedure as set forth above from participation in any SBSEF activity unless a positive result has been verified by the medical control officer of the testing facility.

CONFIDENTIALITY

The testing laboratory will notify the Program Director of any positive results. Test results will be handled in accordance with strict standards of confidentiality, being maintained by the Program Director and released only under circumstances allowed by the provisions of this policy or as otherwise required by law.

TEAM FEES OR OTHER EXPENSES

An athlete who has tested positive shall not be entitled to a reimbursement of any team fee, expense or other cost. An athlete shall be required to repay any scholarship funds received for the present season upon a second violation.

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Mountain or Road Closure Policy

Any time the mountain is closed during normal training hours:

Athlete responsibility:

1. If possible, evacuate mountain, and return to Snowbird Center or Creekside Lodge.
2. Call Parents! Let your Head Coach know when you have contacted parents.
3. Follow coaches instructions. Let coach assigned to you know if you are going to the game room, etc. Do not leave area without notifying coach.
4. If you are unable to find coaches, go to Public Safety. Let them know you are a Team member. Public Safety can contact coaches on a mountain radio. Check the hotline for instructions. Call SBSEF office at 943-5628. Call the coaches shack or Race HQ at ext 4160 or 4180. Call parents.

Coaches responsibility:

1. When possible, assigned coaches will "sweep" the mountain
2. A coach will check the Mid Gad Restaurant, Creekside Lodge, Snowbird Center, all lodges and all parking lots.
3. A coach with radio will be assigned to each location where athletes are being held during interlodge, (Mid Gad Restaurant, Creekside Lodge, Snowbird Center, etc.)
4. The Head Coach (or assigned Head Coach) will be in charge of tracking athletes, and producing an attendance roster for athletes known to be at Snowbird that day. Each coach will account for the athletes that they know is at Snowbird and will report to the head coach.
5. Coaches will keep track of age group or athletes assigned to them.
6. In the case of road opening, the head coach will account for how each athlete is getting down the canyon. If other coaches are needed to drive, the head coach will remain with the athletes and in radio contact with the other coaches until athletes have left or have been assigned to rides.
7. Parents of each athlete will be contacted by the coach or the athlete. Head Coach will account for which parents have been called.
8. In the case of spending the night, coaches will do their best to obtain sleeping arrangements and food for the athletes if athletes are without adequate funds. Any expenses by the coach will be reimbursed by the athlete or SBSEF.
9. Check hotline for more information.

Parent's responsibility:

1. Contact the Hotline for updated information. Contact the SBSEF office.
2. Be able to help carpool from mouth of canyon if needed.

Parent responsibility while trapped at Snowbird:

1. Assist coaches
2. If coaches are unavailable, go to Public Safety and contact coaches on the radio. Gather up athletes and create roster.
3. Check to make sure all athlete's parents are called.
4. Supervise athletes until a coach can be found.
5. Contact the Hotline for instructions and the SBSEF office.
6. If needed, be able to help carpool athletes down canyon.

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BINDING ADJUSTMENT NOTICE

SBSEF is no longer mounting bindings for its athletes. The Lift House and Sports Den the valley, and Christy's on the mountain are offering discounted binding mounting and adjustment services for all SBSEF athletes. These shops all offer full calibration services with any mounting or adjustments. Just let them know you are an SBSEF athlete to receive the discount. On occasion, racers request that a coach make binding adjustments on the hill. Because of liability issues, coaches will no longer make such adjustments, unless the athlete and the athletes' parents have signed the attached waiver and release of liability, and returned it to the ski team office.

WAIVER AND RELEASE FORM

The athlete and his or her parent(s) or guardian(s) signing this Waiver and Release recognize that skiing and ski racing are inherently risky activities, and that injury, including serious bodily injury or death, may result from participation in such activities, even when bindings and other equipment are properly adjusted for the circumstances. Each person signing below further acknowledges that SBSEF coaches do not have binding calibration tools and are not certified binding technicians. Therefore, each person signing below agrees and acknowledges that any adjustments made by an SBSEF Coach to the undersigned athlete's bindings are made at the athlete's own request and risk. By signing this waiver and release, the athlete's parent(s) or guardian(s) consent to any request made by the athlete signing below for binding adjustment by an SBSEF Coach. The athlete and parent(s) or guardian(s) signing below accept the risks involved, and hereby waive and release any claim they may have against SBSEF or its coaches, including claims of negligence, and release and indemnify SBSEF and its coaches for any claims made against them by any of the persons signing below.

This was signed online with the online application process.

SBSEF TEAM RULES AND POLICIES AGREEMENT

As a member of the Snowbird Ski Team I have read, and I agree to abide by all SBSEF's Team Rules and Policies including. In addition I agree to and show good sportsmanship and support for my fellow team members at all times.

I understand that I am expected to be on time to all SBSEF functions, including training and racing. In the event that I am unable to make a function, I will notify the head coach or appropriate coach in advance.

I agree to maintain a 'C' average in school in order to participate as an active member of the Snowbird Ski Team.