NORDIC GUIDELINES AND PROCEDURES
9N. PNSA Code of Conduct for Athletes

As an athlete representing PNSA, while on a PNSA sponsored trip I will:

1) Treat fellow competitors, coaches and officials with respect and consideration for their health, safety and emotional well-being.
2) Abide by the rules of competition.
3) Respect the role of race officials, volunteers and spectators.
4) Respect the guidance of coaches and follow the coaches’ directions.
5) Refrain from behavior that is disruptive, disrespectful, or damaging to PNSA’s reputation.
6) Dress appropriately and refrain from the use of clothing that contains endorsements for alcohol, tobacco or illegal drugs.
7) Commit no criminal acts.
8) Personal cell phone use during team activities is not acceptable.
9) Refrain from the use of banned substances in cross country skiing, racing and training (See USOC list of banned substances).
10) Abstain from the use and or possession of illegal drugs, alcohol and tobacco products.

I understand that if I violate one or more of these codes of conduct during a PNSA trip I will be subject to reprimand. Reprimands range from verbal warnings to exclusion from team functions to sending the athlete home at his/her own expense. PNSA coaches will determine these reprimands on a case by case basis.

By signing my name below, I indicate that I have read, understand, and agree with this code of conduct.

Print Athlete Name __________________________________________________________

Athlete Signature ___________________________ Date ______________________

Parent Signature ___________________________ Date ______________________

Parent Signature ___________________________ Date ______________________