

2021/2022
MEMBER
HANDBOOK



(970) 879-0695

www.sswsc.org

sswsc@sswsc.org



INTRODUCTION

Welcome to the Steamboat Springs Winter Sports Club family! It is the people in the club – athletes, parents, coaches and staff – that will define your experience here. In the interest of making that experience a good one for everybody, we have outlined the policies and expectations in this member handbook. By completing your registration, you agree to abide by these guidelines, and are prepared to participate, and possibly compete, as a champion on and off the mountain!

What does it mean to be a part of the Steamboat Springs Winter Sports Club? Our mission is to create champions on and off the mountain by developing life skills and providing growth opportunities through participation in sports. We have a unique opportunity in Steamboat Springs to develop the best skiers and snowboarders in the world thanks to our venues, coaching staff, Ski Town, U.S.A. culture and Olympic heritage. Across the board our staff is committed to the larger picture of using our sports as a vehicle for personal growth and embracing champion behaviors outside of the competition realm.

Our vision is to be the model community youth organization for long-term personal development through sport. At our core we are a community-serving club, meeting the needs of the youth in Steamboat Springs and the broader Yampa Valley. We focus on long-term developmental gains over short-term results, and as such, are welcoming to all levels of ability in our programs, knowing that every child has the potential to grow and experience success on their own terms. Our multi-discipline programs for all ability levels result in healthy, contributing members of our community as well as skilled and passionate athletes.

We are guided by four core values: **teamwork, integrity, fun, and achieve.**

Teamwork is our secret weapon. While our sports are contested at the individual level, we know that a highly supportive team will not only push all to greater results, but make the entire experience more rewarding. With a full slate of winter sports and summer programs as well, we look to take advantage of the expertise of our coaches across disciplines to make each other better. We encourage our athletes to interact across disciplines as well, through activities, shared coaching days, and athlete mentorships. Effectively, the SSWSC is one team, working together with our support partners to expand our opportunities and enrich the community.

As we interact with each other, **integrity** drives our actions. We strive to do the right thing, even when it is not easy. We spend extra time teaching respect and supporting one another. We seek honesty and transparency in our interactions. We continuously honor the legacy of all the great champions on and off the mountain who have come before us and work to preserve the special place that the SSWSC holds in the community.

The number one reason children participate in sports is to have **fun**. Every youth program should have fun at its core, but in fact, fun is essential for developing champions on and off the mountain. Sport should be playful. We work to emphasize the positives that we see each day. We help athletes learn to enjoy the process, which can be difficult and not all that fun in the moment, but that will lead to enjoyment and fulfillment in the future. In the end, the experience should be a positive one.

Finally, we seek for all of our athletes to **achieve** something meaningful to them. The process takes effort, courage and skill that each possess. Along the way we are not afraid to learn from our mistakes, and we exhibit passion every day.

TABLE OF CONTENTS

Page No.

COVID-19 POLICIES.....	5
SSWSC OFFICE AND CONTACTS.....	5
REGISTRATION AND PAYMENT OF FEES.....	5
NON-RESIDENT POLICY.....	6
REFUND POLICY.....	7
SEASON PASSES.....	7
WORK DEPOSIT POLICY.....	8
SCHOLARSHIP POLICY.....	9
TEAM JACKETS.....	10
ACADEMICS POLICY.....	10
ACADEMIC INELIGIBILITY.....	12
RETURN TO SPORT POLICY.....	13
CONCUSSION MANAGEMENT.....	13
CODE OF CONDUCT.....	14
DISCIPLINE POLICY.....	15
APPEAL PROCESS.....	20
SAFESPORT.....	20
PARENT CODE OF CONDUCT.....	21
STORAGE AND WAXROOM RULES.....	21
TRAVEL, TRANSPORTATION AND ACCOMMODATION RULES.....	22
HELMET POLICY.....	22
PICK-UP/DROP-OFF.....	22
BOARD CONTACTS AND LINKS.....	24

COVID-19 POLICIES

We are committed to providing safe and healthy outdoor programming for all our participants, and to encourage responsible behavior on and off the snow. We work closely with the Routt County Department of Public Health, U.S. Ski & Snowboard, our ski resorts and touring centers, and state and federal guidelines to set and update policies that guide our operations during the continuing COVID-19 pandemic. **By participating in our programs, all participants agree to abide by the COVID-19 protocols, which may be updated at any time, posted on our website at www.sswsc.org/news-blog/clubnews/covid19.**

SSWSC OFFICE

Howelsen Hill Lodge, 2nd Floor (845 Howelsen Parkway)
Winter Office Hours 9am-5pm Monday-Friday

SSWSC main line: 970.879.0695 SSWSC fax: 970.879.7993
SSWSC website: www.sswsc.org SSWSC email: sswsc@sswsc.org
SSWSC on Facebook: www.facebook.com/sswsc

CONTACTS

Sarah Floyd	Executive Director	970.439.0845
Jon Nolting	Associate Executive Director	970.439.0842
Dave Stewart	Athletic Director	970.439.0846
Amy Burkholder	Director of Finance	970.439.0848
Ellen Campbell	Director of Development	970.439.0860
Gretchen Burkholder	Office Manager	970.879.0695 x100
Kevin Sankey	Director of Facilities & Events	970.871.9288
Rory Clow	Director of Marketing	970.439.0847

PROGRAM DIRECTORS

Blair Seymour	Youth Development	970.439.0851
Brian Tate	Cross Country	970.734.7678
Maddy Schaffrick	Snowboarding	970.846.4419
Todd Wilson	Jumping/Nordic Combined	970.439.0853
Tony Lodico	Freeskiing	970.819.2467
Tyler Shepherd	Alpine Racing	720.323.5735

Email addresses – first initial and last name @sswsc.org

REGISTRATION AND PAYMENT POLICIES

Each participant must be **REGISTERED** for the current season in order to begin training with any SSWSC program. Registration must be complete in advance of the first day of training. Certain programs will fill to capacity and others have registration deadlines

well before the first day of training. Early registration is encouraged to get in the communication loop with coaches. [Scholarships](#) and payment plans are available.

Enroll online at www.sswsc.org using the ENROLL/LOGIN link. Your login can also be used to review your account and important club documents, update financial information, sign up to volunteer and more.

PAYMENT OF SSWSC FEES

If fees for the prior season (including all travel and program fees) have not been paid before the following season begins, enrolling participants must pay all outstanding SSWSC fees in full before participation in any training for the upcoming season. The SSWSC program fees and work deposit may be paid in full at the time of registration online by credit card or e-check or in the office with cash or check. A payment plan may be set up in the SSWSC office by the person financially responsible for the participant. Current credit card or e-check information is required when agreeing to a payment plan. Final payment must be made on or before the first business day in January of the current winter season.

SSWSC REMEDIES FOR NON-PAYMENT OF FEES

If the terms of any participant's payment agreement are not met, that participant shall have his/her club privileges revoked until the account is made current.

DROP-IN/DAILY TRAINING FEES

Any visiting athlete who trains by the day must have a signed SSWSC Liability and Medical Release on file with the Club office. This form must be signed by a parent or guardian if the participant is under the age of 18. Every athlete who trains by the day must pay the daily training fee in the Club office **BEFORE** training. Day training fees vary by program and length, including additional training fees for an athlete already enrolled in SSWSC programs.

NON-RESIDENT PARTICIPANT POLICY

DEFINITION OF NON-RESIDENT

Families: A non-resident is defined as any participant, age 18 & under, whose family does not live year-round in Routt or Moffat County. Participants age 18 & under whose families have established residency in Routt or Moffat County will pay resident fees.

Individuals: A non-resident is defined as any participant, age 18 & over, who has not lived in Steamboat Springs, Routt County or Moffat County for 12 consecutive months before the program start date. Proof of residency must be provided. A Colorado driver's license, local vehicle registration, rent receipts, voter registration card, paycheck stubs, etc. may be considered as evidence of residency.

Attaining resident status: Any athlete whose family does not live year-round in Routt or Moffat County will be considered a non-resident for the first two years of SSWSC full-season programming. At the start of the third year of consecutively participating in SSWSC full-season programming, they will be granted "resident" status for the purpose of determining program fees even if they do not live in Routt or Moffat year-round.

Purpose of non-resident fee policy: Regular program fees generally make up only about two-thirds of the program costs. The balance is generated through local businesses and donors to support local participation. Non-resident fees more closely represent the actual cost of programming but still receive some donor subsidy in most cases.

SSWSC REFUND POLICY

SSWSC makes our commitments to partners, coaches and staff based on program enrollments in the summer and fall. These expenses are not reduced by a participant's withdrawal during the season. As such, there are no refunds in the case of voluntary withdrawals or absences during the season, or in any case where the athlete is suspended from the program.

Program fee refunds shall be considered in the event of an injury only whereby the athlete is unable to participate in any level of programming for a period greater than four weeks. Refund requests must be made by the athlete/family in writing to the SSWSC Office Manager (sswsc@sswsc.org). Requests must be made in a timely manner and will not be considered if received after March 31. If a refund is approved, it will be pro-rated based on the amount of time the athlete could not participate in the program. Refunds are calculated based on a pre-defined formula for each program.

Athletes returning from injury: In most cases, an athlete returning from injury will have a graduated plan to return to full sport participation. This may include partial attendance at training sessions or modified activities during training. These partial or modified training days are not subject to discounted or pro-rated fees.

COVID-19 REFUND POLICY

The SSWSC will make every effort to provide quality training opportunities while following all health and safety protocols in effect due to COVID-19. In the event of ski area closures or training restrictions due to local, state or federal health guidelines that cause a long-term interruption or termination of programming, SSWSC athletes may be entitled to a partial refund of up to 80% of their program fees. SSWSC reserves the option to schedule make-up sessions outside of regularly scheduled times for certain programs in the case of an interruption. We may also seek alternative local training options in the event the normal training venue is unavailable. Refunds will be based on actual program days cancelled, not individual attendance. If less than 20% of the scheduled training is cancelled, there will be no refund. No program fee refunds will be made due to the cancellation of any competitions or team travel.

SEASON PASSES

Steamboat Ski Resort: Participants training at Steamboat Ski Resort are required to purchase a Steamboat Ski Resort pass or Ikon Pass. Passes are not included in SSWSC program fees and are purchased at Steamboat Ski Area or at www.ikonpass.com.

Howelsen Hill: All participants training at Howelsen Hill (both alpine and nordic) are required to purchase a season pass at Howelsen Hill. Passes can be purchased online and picked up at Howelsen Hill Lodge in the fall. Cross country skiers may also need to

purchase an additional trail pass from the Steamboat Springs Nordic Council for training at the Touring Center and Catamount. Passes must be worn at all times.

WORK DEPOSIT POLICY AND VOLUNTEERING

The purpose of the work deposit program is to ensure that workers are available and motivated to help with SSWSC programs and athletic and community events. Much of the success of the SSWSC is a result of the stellar contributions of parents and community members to produce world-class events. Each work opportunity is valued by a certain number of points. Each point earns the member \$1 back toward their work deposit. **Work opportunities are posted on the SSWSC website under the Volunteer button.** These opportunities are updated regularly. Sign up early to find the job you want.

Work Deposit Charitable Donation Option:

SSWSC families who do not wish to participate in the work deposit program may elect to forego participation in that program and make a tax deductible charitable contribution to the SSWSC Foundation in an amount of at least 125% of the applicable family work deposit within five business days of registration. Families who choose this option are still welcome to volunteer but will not be eligible to earn back their deposit.

WORK DEPOSIT PROGRAM STRUCTURE

The amount of work deposit varies with each program. Refer to the current fee schedule in the program guide to determine the amount of work deposit your athlete's program requires. **When more than one family member participates in SSWSC programs, only the higher of the work deposit fees will be applied.**

Work hours and credits are **non-transferable**. Unless approved in advance by SSWSC, only immediate family members may contribute hours toward that family's work deposit. All work deposit positions will be assigned a number of points. Points will be determined prior to work deposit sign up and displayed so that each volunteer is aware of the number of points for their volunteer position prior to the volunteer experience. Point amounts may vary depending on a number of factors, including the certification or experience needed for the position or on the past difficulty of filling the position.

The work deposit shall be paid at the time of registration. Credit for work performed prior to registration may be credited at the time of registration by sending a request to sswsc@sswsc.org. While work deposit points are applied automatically to member accounts, it is the member's responsibility to review these entries and notify the SSWSC office of any discrepancies no later than April 30th. Work deposit credits will be posted to the SSWSC accounts and can be tracked via the ENROLL/LOGIN link at www.sswsc.org. If you prefer a refund, please notify the SSWSC office. If you accrue extra work deposit credits during a season, there is no carry forward into the next season.

SPECIAL WORK DEPOSIT SITUATIONS

NO work deposit credit will be issued for:

- Board of Directors meeting attendance
- Work at out of town competitions
- Steamboat Ski & Resort Corporation and City of Steamboat organized events
- Competition video or photography unless specifically designated as a volunteer position

OTHER WORK OPPORTUNITIES

If your work deposit is complete or if you do not have work deposit, there may be an opportunity to earn vouchers for Steamboat Ski Resort lift tickets by working at certain U.S. Ski & Snowboard or USASA events. All work deposit points must be worked off prior to earning vouchers for tickets. Eight hours of volunteer time will earn one voucher. Vouchers are for the current season only and may have holiday blackout periods.

Anything not listed in the written policy as a work deposit credit must receive prior approval by the SSWSC Associate Executive Director in order to be considered for refund.

PROGRAM FEE SCHOLARSHIP POLICY

The foregoing applies only to need-based scholarships for program fees. There are other scholarship opportunities available, go to www.sswsc.org and choose Scholarships from the MENU bar.

EZ SCHOLARSHIP

The EZ Scholarship is offered to any resident family whose 2020 adjusted gross income (AGI) is \$160,000 or less. Scholarship levels are as follows:

- \$60,000 AGI or less: Scholarship = 40% of program fee
- \$60,000-\$85,000 AGI: Scholarship = 25% of program fee
- \$85,000-\$110,000 AGI: Scholarship = 15% of program fee
- \$110,000-\$160,000 AGI: Scholarship = 10% of program fee

The EZ Scholarship can only be selected when registering for programs, and will immediately be deducted from the program fee total prior to processing payment (note that the reduced price does not show on the payment page but it is adjusted prior to processing). For families choosing the payment plan, installments will be based on total fees less the scholarship amount. SSWSC reserves the right to request documentation to confirm the family's AGI level. The EZ Scholarship is not available to non-residents.

PROGRAM FEE SCHOLARSHIPS

Program fee scholarship applications are due the 15th of each month, September through December, with scholarships awarded by the end of the application month. Scholarships must be complete with all sections and required attachments by the deadline to be considered for that month.

Scholarship applications are made online at www.sswsc.org using the scholarship link. Any participant in a full season program may apply for program fee scholarships with the exception of Masters programs. If granted a scholarship, the participant and their family are expected to complete 100% of their work deposit hours in the current season as a condition of the scholarship. If the applicant is a returning member, the previous season's work deposit volunteer hours will be a consideration. Post graduate athletes are eligible to apply for scholarship only if they have completed two full time seasons of programming with the SSWSC. Academic and athletic merit, in addition to financial need and volunteerism, will be considered.

DISTRIBUTION OF SCHOLARSHIP FUNDS

If awarded a scholarship, the funds are applied to the participant's SSWSC account. Once all SSWSC program fees have been paid, any remaining scholarship funds will be applied to the athlete's travel account or refunded if appropriate.

SSWSC JACKETS

SSWSC team jackets are provided to full season participants in U10 and older programs at the start of the season. These jackets are included with the athlete's fees, and must be returned at the end of the season. There are limited quantities, and certain sizes will run out. Jackets are issued on a first-come, first-served basis. SSWSC has worked hard with its support partners to make this opportunity available to its members. All team jackets must have all support partner logos affixed to them and no additional logos or emblems may be applied to team jackets under any circumstance, without prior approval of the Executive Director of the SSWSC. Athletes are strongly encouraged to wear team jackets while training and at all race events (unless wearing a race suit). **Athletes are required to wear the team jacket at all competition awards acceptance ceremonies, including when receiving awards.** Team jackets must be cleaned and returned in good physical condition (no rips, tears, broken zippers, stains or any other damage) at the end of the season, or replacement or repair costs may be charged. Additional SSWSC logo apparel may be available for purchase online at the [SSWSC Pro Shop](#).

SSWSC ACADEMIC STANDARDS

SSWSC and our cooperating public and private school systems have a unique relationship that allows SSWSC skiers and riders to have training and competition opportunities that are available in very few other communities. SSWSC athletes are able to receive the highest caliber coaching and training available in this country while attending local schools, public or private. This system works when the student-athlete makes it work. It is important to the SSWSC that all parties help all student athletes to achieve personal success athletically and academically.

Elementary and middle school aged student-athletes generally do not miss a significant amount of school. Elementary and middle school students are required to maintain the same educational requirements as the high school athletes. Good study habits and positive attitudes should begin at these levels. A reputation as a responsible and

trustworthy student will follow each student-athlete from school to school. The same holds true for parents. Working hard to develop a positive relationship with teachers and the school administration will help when an athlete reaches the competitive traveling level of the high school programs.

Steamboat Springs Middle School

The Steamboat Springs Middle School requires that all athletes involved in extracurricular activities maintain passing grades, and carry no more than two D's in all their classes, in order to participate in that week's contest or camps.

The Steamboat Springs Middle School has a "Ticket to Play" policy. Middle school students will be informed via email when they are ineligible to participate in their respective sport. Any student who receives an ineligible notice can visit the SSMS office and pick up a "Ticket to Play" slip. Once the student-athlete has completed their assigned work, their teacher will sign the "Ticket to Play" form. This completed form should be turned into both the SSMS office and handed to the athlete's SSWSC coach. Once this form is completed and turned in, the athlete can participate again.

Steamboat Springs High School

The relationship between grades and athletics is important throughout each athlete's school experience. High school is the time when the Counseling Center and sometimes the school principal can assist with building academic plans to meet your future academic goals. Each athlete should investigate all of the options available.

Our schools will not automatically design a program for each student-athlete. Each student-athlete must be proactive in his or her scheduling. It is up to parents and student-athletes to advise the school of goals and desires and then ask for their assistance in attaining them.

Beginning freshman year it is recommended that each student-athlete sit down with his/her guidance counselor and develop a comprehensive four year plan. It is important to be sure that all graduation requirements will be met as well as prerequisites for college admission. **Note: Graduation requirements and college prerequisites are not the same and NCAA requirements are also more specific than general graduation requirements.

- A. With college admissions in mind, it is important also to figure out the scheduling of ACT and SAT tests. During the sophomore year, begin to look at when the tests are offered and design a plan for preparing and taking the tests. Remember, it is often recommended to take these tests more than once.
- B. The high school is willing to work with athletes and parents on an individual basis. They can make accommodations to help students meet the requirements if the situation warrants. Please **DO NOT** expect across the board rulings for all athletes. Every case can and should be handled individually. The student-athlete (not the parents) should initiate contact with the high school. Please don't hesitate to contact the SSWSC Athletic Director to assist with any school meetings.

- C. For seniors interested in competing in college, the SSWSC program directors have listings for schools with ski teams, and can help you by contacting coaches and writing recommendations. It is important to know that as a competitive athlete, college coaches can be of great assistance in the admissions process, but they only can help if they know you are interested. It is a good idea to prepare a general letter and athletic resume expressing your interest and describing yourself - age, graduation date, points, results and future goals - that you can send to college coaches. For further assistance with this, please see your guidance counselor or Dave Stewart, Athletic Director at the SSWSC.

SSWSC ACADEMIC INELIGIBILITY POLICY

It is important that all student-athletes and all parents understand and agree to abide by the current policy. The SSWSC reviews academic records of its athletes on a weekly basis to determine eligibility.

Student-Athlete Ineligibility

The SSWSC will support the academic and disciplinary decisions made by the educational institutions with which we share our constituency. This means that if a student-athlete is suspended from or expelled from school, that athlete will not participate with the SSWSC for training or competition during the period of suspension or expulsion. This is also true for academic ineligibility. **When a student is listed as ineligible in his/her school, he/she will be ineligible to compete with the SSWSC.** SSWSC receives an ineligibility list from each of the schools weekly and we will adhere to that list. If you are unaware of the policy at the school where your student attends, you should communicate with your school immediately to educate yourself.

Any adjustment to the ineligible list will only be honored when calls are made from either the SSHS Athletic Director, Principal or Assistant Principal, or from the Dean of Students at Steamboat Mountain School, to Dave Stewart, SSWSC Athletic Director. It is recommended that students who are ineligible communicate immediately with their teachers to rectify the situation for the following weeks and inquire at the SSWSC office about study table or tutoring opportunities. If an athlete is on the list, he/she will be ineligible the entire week, Monday through Sunday. The ineligible list for the SSHS will be posted on the high school web site by student number sometime between Friday night and Monday morning. Each student-athlete is personally responsible for finding out his/her status related to the ineligible list.

If an ineligible athlete chooses to compete during their period of ineligibility, disregarding the SSWSC policy, that athlete **severs** his/her ties with the SSWSC for the remainder of the season. This includes all coaching, locker space, SSWSC vouchered ski passes and skier schedule. No refunds will be issued in this situation.

EARLY RELEASE SCHEDULE

A request for an early out schedule at Steamboat Springs High School must be made when registering for the next year's classes (usually in February - students who transfer to Steamboat after that date are exempt). Students must attain a "C" average (2.0) or

better and be in good disciplinary standing for the first quarter in order to receive an early release schedule. Any discipline problems reported by the school during the first quarter can prohibit an athlete from obtaining an early out schedule. In addition, the need for an early out schedule must be approved by the athlete's discipline program director at the SSWSC.

All of our local schools offer many educational opportunities outside of scheduled classes. These include but are not limited to study halls, tutoring, parent-teacher and student-teacher conferences, etc. We expect our student athletes to take full advantage of these opportunities. Contact Dave Stewart if you need help in scheduling the appropriate assistance for your educational needs.

INJURIES AND RETURN TO SPORT

While our coaches work hard to minimize the risk of injury, sports have inherent risks and athletes may be injured during training or competition. When an injury occurs that takes the athlete away from training and competition, it can be a trying time for the athlete and their family. Competitive skiing and snowboarding in particular place unique physical demands on the athlete that make it especially important that the approach to returning to sport participation is well designed and monitored. The athlete's doctors, physical therapists, SSWSC Strength and Conditioning Director, Medical Director, Athletic Trainer and the athlete's coaches should all work together with the athlete and their parents on this plan with regular communication throughout. The better the injured athlete and his/her family can keep the key SSWSC personnel in the loop with recovery the better the outcome will be. In many cases, a return to sport is a graduated step-by-step process back toward active training and/or competition. SSWSC coaches and staff aim to assist with and support both the mental and physical well-being of our athletes throughout their return to sport. Wherever possible, the injured athlete is encouraged to join their team to maintain contact to help with social and emotional support.

It is important to understand that often a doctor's clearance to return to sport does not mean the athlete can or should return to full participation in the competition aspect of the sport. Depending on the severity of injury and/or length of time away from the sport, the coaches will generally develop a modified training plan for the athlete to gradually prepare the athlete for the competition demands of sport. The coaches may recommend that the athlete skip competition in favor of additional training time to mitigate risk of re-injury with a focus on the athlete's long-term health and performance.

SSWSC CONCUSSION MANAGEMENT PROGRAM

SSWSC coaches undergo annual training to be able to recognize the signs and symptoms of concussions and be able to respond to them. Concussions are different than many sports injuries because you can't see a concussion. Signs and symptoms of concussion

can show up right after the injury or may not be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away. Communication with our coaches is very important. When left untreated, the risk for a second concussion is increased and the associated symptoms can be severe, even fatal.

Pursuant to the Jake Snakenberg Youth Concussion Act, if our coaches suspect that an athlete has sustained a concussion following an observed or suspected blow to the head or body, they will remove the athlete from training or competition. If the athlete has been removed from training or competition and exhibits signs and symptoms of concussion that cannot be readily explained by a condition other than concussion (such as headache, dizziness, confusion, balance problems or loss of consciousness), the athlete's parent or legal guardian will be notified and that athlete will not be able to return to training or competition until cleared in writing by a licensed healthcare practitioner (MD, DO, NP or PA).

If an athlete sustains a concussion or exhibits the symptoms of concussion due to an incident while not participating in a SSWSC program, it is essential that the parent and/or athlete notify the child's SSWSC coach, for the same reasons listed above.

It is the responsibility of the physician to determine the return to sport guidelines with the aid of the certified physical therapist or certified athletic trainer. A graduated return should be expected whereby the athlete will complete a step-by-step progression back to their normal activity. This progression may take days, weeks, or in severe cases, may take over a year. Our coaches and strength and conditioning staff will work with the PT or athletic trainer in returning the athlete to full participation.

U.S. Ski & Snowboard mirrors the SSWSC concussion policy, and athletes must be cleared to return to U.S. Ski & Snowboard sanctioned competition. This is the case whether or not the athlete suffered the concussion during U.S. Ski & Snowboard sanctioned activity or not. Please review the U.S. Ski & Snowboard concussion policy at <https://usskiandsnowboard.org/governance/policies/concussion-policy>. Doctors must sign U.S. Ski & Snowboard's concussion evaluation form for clearance and the family must submit to U.S. Ski & Snowboard in order to return to sanctioned competition. USASA and IFSA have also adopted this protocol. Check with your coach for details.

For more information on concussion in youth sports, please visit the CDC website <http://www.cdc.gov/headsup/parents/index.html>.

CODE OF CONDUCT

Each athlete member, parent and staff member shall conduct herself or himself at all times in a respectful manner that supports and enhances the reputation of the SSWSC. Failure to do so may result in suspension or expulsion from the SSWSC. The welfare of all athletes is of the utmost importance. It is impossible to list specific behavioral guidelines for every situation, but the following should be carefully noted:

1. Athletes are to be respectful toward their coaches and teammates at all times.
2. Athletes must adhere to COVID-19 policies, and must wear face coverings, avoid physical contact and maintain physical distancing at all times when outlined in

the club's COVID-19 policies. Refer to current [SSWSC COVID-19 guidelines](#) on the club's website.

3. Each athlete is expected to conduct themselves in a sportsman-like manner. Sportsmanship is embedded in the core values of the SSWSC participation. Each participant is responsible for his or her own actions while training, competing at home or away, traveling and while involved in any team activities.
4. Athletes shall refrain from use of alcohol or non-prescription drugs.
5. No smoking, vaping or use of chewing tobacco.
6. No swearing or abusive language.
7. Be honest - no stealing or misrepresentation whatsoever.
8. Show self-control and have consideration for others. No one will be allowed to injure or bully others.
9. Respect other people's belongings. Tampering with other athletes' equipment or belongings will not be tolerated.
10. All team members have the inherent right to learn. No one shall interfere with or prevent others from learning.
11. Be supportive of others in their efforts to achieve, and encourage the success of other competitors.
12. Any criticism of coaches, staff or programming should first be directed to the discipline program director, then the Athletic Director and finally the Executive Director. If the matter is not resolved after these contacts have been made, any member of the SSWSC Board of Directors may be contacted.

Athletes found violating the code of conduct may be suspended from training, competition and membership privileges.

SSWSC CODE OF COMPETITION

As a member of the Steamboat Springs Winter Sports Club, I accept the principle that healthy competition will enhance my growth as a successful individual. As a result, I will endeavor to approach training and competition with five sportsmanship behaviors in mind:

1. When I train and when I compete, I owe it to myself and to my competition to put forth my maximum effort.
2. I accept that victory is signified by more than the top step of a podium.
3. I accept that a defeat can be more beneficial than a victory.
4. I am willing to assist another competitor when it does not sacrifice my own performance.
5. I will acknowledge the achievements and contributions of those with whom I compete and with those whose efforts allow us to compete.

STEAMBOAT WINTER SPORTS CLUB DISCIPLINE POLICY AND SUBSTANCE USE CONTRACT

The objective of the SSWSC discipline policy is to ensure a positive, safe and rewarding learning environment for all participants in support of our mission which is to create

champions on and off the mountain. The primary purpose of our discipline policy is to redirect inappropriate behavior and to contribute toward the development of solid community citizens.

Research has shown negative impacts on youth athletic and academic performance from alcohol and recreational drug use. In addition, the use of alcohol and drugs under age 21, and the sale of tobacco to anyone under age 18 is illegal. For these reasons, this discipline policy specifically addresses those issues as well as others that effect the safety and well-being of our athletes.

All participants must understand that verbal warnings *may* precede the issuing of any disciplinary procedure. In addition, when deemed necessary by the SSWSC, the SSWSC may communicate with the school attended by a student athlete and determine suitable consequences that are agreed upon by both the school administration and the SSWSC discipline committee. In addition, any alcohol or substance abuse infractions taking place at the athlete's school or outside the school that the school issues disciplinary action for may also be considered a SSWSC infraction and result in disciplinary action by the club.

DISCIPLINARY OFFENSES

Suspension period one day or more.

Willful disobedience, including:

- Continued disruptive conduct
- Continued vulgarity & profanity
- Continued disrespectful behavior towards others, including teammates, community members, resort staff and all facilities; vans and club locker room
- Continued lack of adherence to [COVID-related club policies](#)

Suspension period one week or more.

Vandalism, including:

- Damage to personal equipment, lockers, or property
- Hiding of any equipment, moving or damaging locks and/or tampering with equipment of others with malicious intent

Suspension period two weeks or more.

Physical/Verbal Violations towards others, including:

- Physical abuse with the potential for bodily injury.
- Fighting
- Hazing: The practice of rituals and other activities involving harassment, abuse or humiliation used as a way of initiating a person into a group.
- Verbal threats
- Bullying (any overt act or combination of acts directed against a participant by another participant or group of participants, which is repeated over time and is intended to ridicule, humiliate or intimidate the participant, including using on-line means such as texting and social media)

- Sexual Harassment (including inappropriate sexual comments). This includes bullying or coercion of a sexual nature, or the unwelcome or inappropriate promise of rewards in exchange for sexual favors.

Suspension period four weeks or more.

Use of, sale of, possession of, and/or being under the influence of alcohol, tobacco including vaping, or any controlled substance, or its associated paraphernalia. The SSWSC will respond and address any situation where an athlete is arrested by law enforcement.

- Prohibited substances include, but are not limited to, tobacco, alcohol, marijuana and all illegal drugs including cocaine, methamphetamine, opiates and PCP and drugs found in these named categories, the use of prescription medication without a valid prescription, and all banned substances as defined by USADA.
- Athletes shall not participate in gatherings involving consumption of prohibited substances. Contact with illegal substances, e.g., being in places or situations where others are in contact with a prohibited substance, is a substance policy violation. The only exceptions are adult-organized and supervised gatherings where alcohol is available to adults, but to which athletes are also invited.

DISCIPLINARY CONSEQUENCES

- Conference with coach, plans made to correct behavior, parents notified.
- Suspension from competition and/or training depending on severity of infraction.
- Any suspension that exceeds the winter season will be carried into summer programming.
- Community service hours may be assigned to the athlete.
- Athlete may be required to write an essay of 1,000 words and submit it to the Associate Executive Director. This essay will discuss the incident in question and why the athlete chose to participate in this activity and what the athlete would do differently if a similar situation occurred in the future.
- Expulsion from the SSWSC.
- In drug or alcohol offenses, parents may be required to provide an evaluation performed by a qualified professional to determine the extent of the drug or alcohol problem, at their own expense.
- Law enforcement may be notified in any instance where illegal activity occurs.
- All offenses will be documented in the athlete’s confidential file.

Disciplinary consequences will be dependent on the severity of the infraction and whether the athlete has had previous infractions, and will be determined by the disciplinary committee on a case-by-case basis.

SELF-REPORTING – NON-PUNITIVE RESPONSE

Our codes of conduct and disciplinary processes allow for self-referral. Self-referral means that an athlete or other member of the club community may come forward to ask

for assistance in dealing with a situation that has to do with a breach of the club's codes, policies or values. This self-referral may then be dealt with through educational, medical or other appropriate means, and may result in reduced disciplinary measures. This process is only available for those who self-refer, and not after getting caught. Members should be aware of this policy and its limits with regards to confidentiality and reporting that may be required by law. The non-punitive response (NPR) may not apply if the participant has already received an NPR for similar behavior.

DRUG SCREENING

Any SSWSC participant who is 13 years of age or older is subject to testing at the discretion of the SSWSC administration or discipline program director who in good faith believe there is reason for testing. By completing the SSWSC registration process and acknowledging that the participant and parent have read and are familiar with the policies in this Member Handbook, the participant shall consent to undergo testing if in good faith the SSWSC staff believes there is reasonable suspicion. Prohibited substance testing includes, but is not limited to, consenting to the collection of urine, hair, blood, saliva and/or breath samples to be tested for the presence of the above referenced prohibited substances.

Substance testing may be administered by a designated SSWSC staff member. Testing may also be administered at a third party lab, medical facility or other location, but as conditions warrant, could be performed at the SSWSC or a related facility. Any person assigned to take samples will be certified to do so and samples will be collected in a sanitary environment designed to maximize participant's privacy while minimizing the possibility of sample tampering. Any requested retest of a positive test will be performed at a third party provider at the cost of the participant, parents or legal guardian. A participant can request a retest up to 72 hours after notification of a positive test. Each participant, along with their parent or legal guardian, will have an opportunity to discuss the substance test with a testing professional in a confidential setting. Upon written request, within seven days of taking the test, a participant, parent or legal guardian may access records relating to his/her substance test.

Testing Protocol

Drug and alcohol testing at the SSWSC can be conducted when any SSWSC participant exhibits behavior that could reasonably be assumed to be due to the use of a prohibited substance.

Additionally participants are required to consent to appropriate searches and inspections as may be deemed necessary. Inspections may be conducted if SSWSC suspects that a participant is in possession or under the influence of any prohibited substance. Should it become necessary, the participant may be required to open his/her locker or vehicle or to empty his/her pockets, handbag, backpack, ski bag, wallet or any other article, container or device in which prohibited substances could be kept.

The participant may be temporarily suspended from participating in SSWSC programming pending receipt and review of the test results by SSWSC.

Participants, parents or legal guardians of minor participants are required to notify SSWSC of any criminal conviction for a prohibited substance violation within five days.

DISCIPLINARY COMMITTEE

All disciplinary situations will be handled by the SSWSC disciplinary committee. The disciplinary committee makeup is as follows:

For offenses generally resulting in less than four weeks suspension:

SSWSC Associate Executive Director, the athlete's department director and the athlete's primary coach.

For offenses generally resulting in a four week suspension or greater:

The committee makeup is the same as above with the addition of the SSWSC Athletic Director and a discipline director from another SSWSC department.

DISCIPLINE POLICY FOR OCCURRENCES WHILE TRAVELING

All previously mentioned discipline policies are in effect while on the road with SSWSC. An athlete's right to travel with the team will be in jeopardy if any disciplinary action is required due to inappropriate behavior while traveling on camps or competitive trips. If an athlete violates a discipline policy while traveling on the road with the SSWSC, additional consequences may be added. These consequences are not limited to, but may include, the following:

- Loss of travel privileges with SSWSC for next competitive trip. If athlete is sent home early, there will be no refund for travel expenses for adjusted trip length.
- Loss of travel with SSWSC for one full calendar year (both winter and summer) or for remainder of membership.

In cases where a participant has received a training and competition suspension due to a disciplinary policy infraction, the participant must agree not to participate in competitions during the suspension period, even independently. Failure to do so will result in dismissal from the SSWSC without refund.

TRAVEL CONDUCT

The coaches in charge of each out of town trip have the authority to call an athlete's parents and have them pick up that athlete if it is determined that the athlete's behavior is causing a problem at any time during an SSWSC sponsored trip.

Van behavior: When traveling in an SSWSC van, all athletes are required to wear seatbelts. This is the responsibility of the passenger/athletes - NOT the coaches. Athletes must not behave in a manner that distracts the driver at any time. Inappropriate behavior in vans will not be tolerated.

Hotel/condo behavior: SSWSC athletes represent Steamboat Springs and SSWSC when traveling to an away competition or training camp. An athlete's behavior can impact our future access to hotels and other services. If an athlete is unable to follow the rules for appropriate behavior when traveling with the team, they will not be allowed to travel with the team.

Appropriate hotel/condo behavior:

- Respectful and appropriate level of noise in common areas and in hotel rooms (both conversation and music)
- Full respect for all coach rules regarding room check, curfew, study hall, etc.
- Respect for all facilities and properties utilized by the team on trips.
- Male and female athletes may not be together in hotel rooms or condominium bedrooms without coach supervision/approval and must be with the door open.

Additional guidelines for conduct during team travel will be included in the travel handbook.

If any suspended athlete and their family does not comply with the consequences administered and chooses to compete during their period of suspension, disregarding the SSWSC policy, the athlete cuts off his/her ties with the SSWSC for the remainder of the season. This includes all coaching, locker space, SSWSC discounted ski passes and possible early release school schedule. No refunds will be issued in this situation.

SAFESPORT

The SSWSC has adopted and will enforce U.S. Ski & Snowboard Minor Athlete Abuse Prevention Policies (MAAPP) and provides education to club board members and staff members through the U.S. Center for SafeSport.

Parent and age-appropriate athlete training may be found on the U.S. Ski & Snowboard SafeSport resource page <https://usskiandsnowboard.org/safesport-athlete-safety/safesport-resources>.

All athletes age 18 or older, or who turn 18 during the season, must be members of U.S. Ski & Snowboard and must complete the SafeSport training and NCSI background check that are requirements of U.S. Ski & Snowboard membership.

DISCIPLINARY APPEAL PROCESS

If an athlete believes that he/she has been unjustly treated with regards to disciplinary consequences delivered, an appeal may be filed by the athlete and their parent/guardian. The appeal process begins with a written request for appeal delivered to the disciplinary committee within one week of the disciplinary decision and notification.

The athlete and their family will receive consideration of the athlete's immediate head coach and Program Director and then the Athletic Director and Executive Director. If not resolved, the issue may be brought before the Board of Directors. The athlete will not be further disciplined or suffer any additional form of reprisal for the good faith use of the appeal procedure. Such a procedure is in place to protect and ensure that athlete disciplinary problems and concerns are addressed.

PARENT CODE OF CONDUCT

Parents can have as much of an impact their children's sport experience as our coaching staff, if not more. For children to have a positive experience, good communication and understanding between the parent and coach, the athlete and coach, and the athlete and their parents is necessary. We expect all parties – athletes, coaches and parents – to maintain a positive attitude and uphold the ideals of fair play and good sportsmanship. When we all work toward this together, it improves everyone's experience.

SSWSC parents shall

- cultivate the club's core values and ambition in their athletes;
- nurture their kids' coping skills, emotional control, reality acceptance, personal accountability, and focus of attention;
- let the sport teach life lessons, supporting the coaches as they coach their athletes;
- provide positive reinforcement for their children, supporting their goals;
- stay out of training and competition arenas unless volunteering or invited by a coach; and
- communicate effectively with coaches and staff.

HOWELSEN HILL STORAGE AND WAXROOM RULES

Athlete members of the Steamboat Springs Winter Sports Club have access to the storage and wax room on the first floor of the Howelsen Hill Lodge. By using the storage and wax room, the athlete agrees to abide by the following:

- A. The SSWSC has no athlete locker room or changing facilities. Athletes will be expected to come dressed for practice and to change and shower at home.
- B. Team members only in the storage and wax room area.
- C. Offices and work cage are off limits unless invited by a coach.
- D. All your equipment must be kept in designated areas – in cubbies, under benches, on shelves or in ski slots. Do not leave your belongings lying around - they will be lost or discarded.
- E. No snowboards, skis or gates may be placed against the Lodge walls.
- F. No snowboards or skis are allowed inside the Howelsen Hill Lodge except for in the storage room.
- G. Bring equipment in locker room through exterior entry door only, not through Lodge main entry.
- H. All trash must be placed in the garbage containers.
- I. Waxing irons must be turned off after use and those under 12 years old must be supervised when using waxing irons. No waxing with fluorinated wax.
- J. Wax benches and floors must be swept after use.

TRAVEL, TRANSPORTATION AND ACCOMMODATION RULES

A separate Travel Handbook explaining all travel related information is available to our traveling athletes on the SSWSC website or in the main office. Please review this handbook to make yourself aware of all travel policies. Any athlete competing at an event – even if they do not travel with the team or stay with the team – will be required to share in the cost of the coach’s travel expenses. All athletes are required to pay.

SSWSC HELMET POLICY

Helmets are required as per U.S. Ski & Snowboard, USASA and FIS rules and Steamboat Ski Resort. SSWSC requires all SSWSC athletes and parent volunteers to wear helmets while skiing or riding as part of training in an SSWSC program with the exception of cross country skiing. **Helmets are required for all users of the SSWSC-Stevens Family Alpine Venue at Steamboat Ski Resort, including volunteers and spectators.**

The SSWSC neither specifies nor recommends any particular helmet design and undertakes no responsibility or liability in connection with the requirement that helmets be utilized. It is the sole responsibility of the participant to select an appropriate helmet for safety and accident protection. The helmet used must be designed for the sport in question.

CAUTION: The protective qualities of all safety helmets are affected by age and use. Some older helmets and any helmets that have been damaged either in a fall or from some other impact may no longer provide sufficient protection - even if there are no visible indications of damage. SSWSC neither specifies nor makes any warranties as to the fitness for use of any particular safety helmet nor assumes any responsibilities or duties to any participant by requiring the use of a helmet.

ATHLETE EQUIPMENT

Skiing or riding on appropriate equipment is important in successful participation in SSWSC programs. We provide assistance for families in selecting the right equipment for their children. We work with certain equipment professionals in town that offer quality, season-long rental packages and offer discounted purchase options of snow sports gear through fitting and purchase sessions in the fall. Contact your child’s coach or program director for details.

ATHLETE DROP-OFF AND PICKUP

It is important that athletes arrive ready to ski or snowboard at the published start time. Since groups may be skiing or riding at different parts of the training venue, a late arriving athlete may not be able to join their group, and coaches are under no obligation to wait for late arriving athletes. If you are running late, it is important to communicate with your coach. There will not be makeup training for athletes that miss training.

Drop-off and pickup locations are often crowded and busy. Please plan ahead. The parking area in front of the Howelsen Hill Lodge is for active loading and unloading only. Parallel parking only on either side of the lanes. Certain lanes require that a driver be with the car at all times, other lanes allow for up to five minutes to leave the car to drop-off or pick up items or kids.

There will be multiple drop-off locations at Howelsen Hill in order to reduce large congregations of athletes. Athletes should find their specific group, no mingling with other groups. Parents should remain with their car to minimize congregation in meeting areas.

The SSWSC club lot is no longer available for athlete dropoff and pickup. Each program will communicate new meeting areas and recommended dropoff and pickup locations for training sessions at Steamboat Ski Resort. **The Sheraton, T-Bar, old SSWSC club lot and Torian Plum areas may not be used for drop-off/pick-up.**

SSWSC BOARD OF DIRECTORS – 2021/2022

Jim Boyne, President
Matt Tredway
Ross Dyer, Treasurer
Amy Cook-Olson
Chris Diamond
Todd Givnish

Artemis Hamrick Loomis
Travis Mayer
Chuck O'Connell
Roger Perricone
Jim Schneider
Steve Speer

MORE CONTACTS AND LINKS

U.S. Ski & Snowboard	www.us skiandsnowboard.org
U.S. Ski & Snowboard membership hotline	435-647-2666
U.S.A. Snowboard and Freeski Association (USASA)	www.usasa.org
U.S.A. Nordic Sports (USANS)	www.usanordic.org
Rocky Mountain Freestyle	www.rockymountainfreestyle.com
Rocky Mountain Nordic	www.rm nordic.org
Steamboat Ski Resort	www.steamboat.com
Steamboat Season Pass office	877-276-2628
Steamboat Touring Center	www.steamboatnordiccenter.com
Steamboat Touring Center phone	879-8180
Howelsen Hill	http://steamboatsprings.net/index.aspx?NID=131