Freestyle Whistler
Performance Team Athlete Code of Conduct

As a high-performance athlete, I understand that I represent Freestyle Whistler, my coaches, my family, and the sport of freestyle skiing at a provincial, national, and international level. My behaviour on and off the snow reflects on the team and the broader freestyle community.
I accept the responsibility that comes with competing at this level.

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1. Integrity and Fair Play

I will:

- Compete honestly and within the rules at all times.
- Uphold the standards set by FIS and Freestyle Canada.
- Never use banned or performance-enhancing substances.
- Comply fully with anti-doping education, whereabouts requirements (if applicable), and testing procedures.
- Take responsibility for any substance that enters my body.

I understand that anti-doping violations carry serious consequences for my career and my team.

2. Professional Conduct

I will:

- Treat coaches, teammates, officials, judges, competitors, and support staff with respect.
- Accept officials' decisions without public argument or unsporting behaviour.
- Communicate directly and respectfully when concerns arise.
- Maintain appropriate conduct in team housing, hotels, travel, and public spaces.
- Follow all team curfews, travel expectations, and supervision guidelines.

3. Health, Safety and Substance Use

As a high-performance athlete:

- I will not use or possess illegal drugs.
- I will not misuse alcohol or cannabis.
- I will not vape or use tobacco products.
- I understand that substance use that compromises safety, performance, team culture, or reputation will result in disciplinary action.
- I recognize that my training, recovery, sleep, and nutrition choices directly impact my performance and team standards.

4. Commitment to Excellence

I will:

- Arrive prepared, physically and mentally, for training and competition.
- Follow training plans and strength and conditioning programs.
- Respect teammates' focus and preparation.
- Demonstrate resilience, coachability, and accountability.
- Support a culture of high standards and continuous improvement.

5. Digital and Public Representation

I understand that I am an ambassador for Freestyle Whistler. I will:

- Use social media responsibly.
- Avoid posting content that is inappropriate, offensive, or damaging to the team, sponsors, or governing bodies.
- Represent the club and the sport with professionalism at all times.

6. Respect for Property and Environment

I will:

- Respect training venues, competition sites, team vehicles, and accommodations.
- Care for my equipment and team gear.
- Avoid vandalism, theft, or reckless behaviour.

Accountability and Consequences

I understand that failure to uphold this Code of Conduct may result in consequences including suspension from training, travel, funding support, Nor-Am events, or FIS competitions.

Serious violations may be referred to club leadership, provincial/national sport organizations, or governing bodies for further action.

I accept that high performance requires high standards.