

RACING DEVELOPMENT PROGRAMS

Preamble

1. Athletes in Highlands Trailblazer Development programs are ambassadors for the Club and for the sports of Nordic Skiing and Biathlon. This Agreement describes the requirements of athletes who are registered in the program.
2. These requirements are supplementary to and support the Universal Code of Conduct, Safe Sport, and the Codes of Conduct of Nordiq Canada, Biathlon Canada and Highlands Trailblazers.
3. Athletes must read, understand and agree to comply with this Agreement. Parents/guardians must assist athletes in complying with this Agreement.
4. This Agreement must be signed by the athlete and their parents/guardians and returned to the Club before athletes will be permitted to attend events with the Club including regular Team training, training camps and races.
5. This Agreement is in effect until the end of the training and race season as determined by the Head Coach and will not extend for more than one year.

Requirements

1. Athletes will make their best effort to attend all training outlined in the Program Description, their training plans and/or as specified by their coach. At all times athletes will train and race at their full physical capacity and effort according to their race and training plans.
2. Athletes will make their best effort to develop their skills, knowledge, expertise and experience in their sport.
3. Athletes will make their best effort to attend all races specified in their race schedule. As soon as possible they will inform the coach if there are special circumstances preventing them from attending a race and will work with their coach to identify a suitable replacement race or training event.
4. Athletes will refer to their Yearly Training Plans (YTP's) and record their training and race data in it on a regular basis.
5. In all circumstances athletes will communicate in a timely fashion and will respond to Club, Team and Coach inquiries promptly and to the best of their ability
6. Athletes will ensure they are appropriately dressed, well rested, properly nourished and hydrated so they can optimize their performance and recovery.
7. Athletes will refrain from using profane or derogatory language and refrain from any behavior that harasses, ridicules or isolates individual members of the team.
8. Athletes will speak up if they have experienced BAHD behavior (Bullying, Abuse, Harassment, Discrimination), or have witnessed BAHD behavior within the Team environment.

9. Athletes are expected to respect the privacy of other Team members and Team staff.
Bedrooms are private spaces and are not to be used for social gatherings. All athletes are expected to respect the agreed upon gender divisions of sleeping spaces and bathrooms.
10. Athletes will obtain all required equipment as set out on the Program Description and to the satisfaction of the Head Coach. Equipment will be obtained in a timely fashion before it is required and athletes will attend training and races with their equipment in good repair and ready to be used.
11. Athletes will care for and be respectful of their own and others' equipment. They will take responsibility for the safe handling and maintenance of their own equipment and/or any rental equipment entrusted to their care.
12. Athletes will clean up after themselves and teammates while at host clubs; accommodations while traveling; the Highlands Nordic chalet; HTB biathlon range and while at the HTB Team wax room.
13. To the best of their abilities, athletes will be on time for travel, meetings and other functions; for knowing their start and/or zero times; for being at the start and/or range area at the appropriate moment; and for knowing their course.
14. Athletes will be responsible for completing in a timely manner all required race and training registrations, maintaining their status as members of Nordic Canada, Biathlon Canada and Biathlon Ontario and paying their fees for same.
15. Athletes will provide all relevant medical history when registering with the Club and will include a list of all prescription and/or non prescription medications and supplements that they are taking. Medications prescribed by a doctor must be registered with an athlete's coach before entering a competition. Athletes will update their coach with any changes to their health/medication status.
16. Athletes who become unwell, ill and/or develop symptoms of influenza, colds, Covid or any other communicable disease will inform their coach immediately and will withdraw from or not attend training, racing or other Team events
17. Athletes will be aware of the Club's Concussion Management and Return to Play Policy. Athletes will immediately inform their coach if they have experienced a head injury.
Concussion Policy
18. Athletes will be aware to the Club's Safe Sport and Rule of Two Policies and will obtain training certification in each. They will assist HTB Coaches, Staff, Officials and Volunteers in adhering to them.
19. Athletes acknowledge and accept their responsibility to pay costs incurred by HTB on their behalf when issued and no later than the stated deadline. Such costs include but are not limited to: regular program fees; deposits for Training Camps and Race Events; final costs incurred for Training Camps and Race Events such as but not limited to travel, food, accommodation, waxing and coach expenses. Deposits for Training Camps and Race Events will not be refunded
20. Athletes and Parents/Guardians acknowledge and accept their obligations under the HTB Service Hour Policy as outlined here.
21. Parents/Guardians will assist and facilitate their athletes in meeting the requirements outlined in para. 1 to 20 above.

