



**Team Alpentel Snoqualmie Ski Team**  
Manual and Handbook  
2022-2023





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## **General Information**

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### **TAS Mission Statement**

Team Alpental Snoqualmie Ski Foundation (TAS) is devoted to providing a highly structured, well-funded, local alpine racing program. It is the goal of TAS to provide the opportunity for the TAS athlete to develop both personal and racing skills that are fundamental to the growth of a well-rounded, maturing and competitive individual. In order for TAS athletes to accomplish their goals, TAS intends to offer the highest level of physical training, professional staff and positive motivation possible, from introduction to international levels of racing.

### **History of TAS and the Alpental Snoqualmie Ski Foundation**

In 1971, a group of interested parents and racers established the Alpental Ski Foundation and the Alpental Ski Club. The Foundation was established as a non-profit organization to promote youth ski racing. The ski racers called themselves "Team Alpental" and were supported by the Foundation. In 1984, the name was changed to reflect a merger of the junior race programs at Alpental and Snoqualmie. The result is the current names: The "Alpental-Snoqualmie Ski Foundation" and "Team Alpental Snoqualmie". The Alpental-Snoqualmie Ski Foundation's Articles of Incorporation and the Bylaws charge the Foundation with providing the administration, promotion and education of ski racers. The Foundation is also responsible for organizing and sponsoring TAS and for producing competitive ski events. The officers and board members are elected volunteers, mainly parents, who have shown an active interest and a willingness to participate in racing activities.

### **The Organization of Ski Racing**

**FIS:** (The Fédération Internationale de Ski)

Governing body for international ski competition. [www.fis-ski.com](http://www.fis-ski.com)

**USSS:** (U.S. Ski & Snowboard)

Governing body for national and local ski competition. [www.usskiandsnowboard.org](http://www.usskiandsnowboard.org)

### **Western Region Divisions of USSS:**

- Alaska
- Far West: California, Nevada, Hawaii
- PNSA<sup>1</sup>: Washington, Oregon, Northern Idaho
- Intermountain: Utah, Southern Wyoming, Southern Idaho
- Northern: Montana, Northern Wyoming

Alpental Snoqualmie Ski Education Foundation (TAS) is part of PNSA.

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<sup>1</sup> PNSA: Pacific Northwest Ski Association coordinates competition and provides policy for racing within Washington, Oregon and Northern Idaho; [www.pnsa.org](http://www.pnsa.org)



## **Becoming a Classified Competitor, Competition information**

Each racer is responsible for buying a United States Ski Snowboard (USSS) membership and a USSS Competition License. By joining the USSS, a racer will automatically become a member of the Pacific Northwest Ski Association (PNSA). Applications for membership may be obtained online <https://my.ussa.org/>

### **Competition License**

<b>Competitor</b>		
<b>Age Group</b>	<b>Age Range</b>	<b>Price</b>
U12 and under	0-11	\$100
U14	12-13	\$125
U16	14-15	\$200
FIS, U19	16 and over	\$200
Official	18 and over	\$80

Note: PNSA has a \$25 fee in addition to above

### **USSS Competition Guide**

All competitors, non-scored students, masters, officials, coaches, and youth members receive a handbook or newsletter appropriate to their level with valuable information.

<https://usskiandsnowboard.org/files/alpine-competition-guide>

### **PNSA Competition Manual**

This manual outlines procedures and policies for PNSA. Be sure to read this for a clear understanding of racing in the PNSA division, online at <http://www.pnsa.org/comp-manual>



## **Racing Structure in the PNSA**

A racer is classified within PNSA on the basis of age. The exact classification for the season is determined by the age of the racer as of December 31st in the current year.

USSS Group	Athlete Ages
U8	6, 7
U10	8, 9
U12	10, 11
U14	12, 13
U16	14, 15
U19	16, 17, 18
U21	19 and older

## **Racing by Age Level in PNSA**

- U12 BWC (Buddy Werner Championships): open to all U12s (ages 10 and 11)
- U14 (ages 12 and 13): Qualifier open to all U14s used as the qualifying series for regional competition.
- Evergreen Cup: U14 and older are eligible
- U16, U19 and U21: Northwest Cup races are the PNSA's elite level of divisional racing. This is a divisional trophy series serving as the qualifying series for regional competition.
- FIS: U19 and older athletes are eligible to race FIS sanctioned races.

## **Seeding**

Non-scored races (U14 and younger) are seeded randomly by age group, and the second run start order is reversed within the age group. Race seeding may vary at the discretion of the Race Organizing Committee and Jury will have the final call on seeding. Seeding for Buddy Werner Champs (U12 Championships) are based on performance and coaches' discretion.



## **Points**

A new racer starts out with the maximum number of points (990.00) in each discipline. Points earned at a race are the sum of "race" points and "penalty" points. Race points are determined by the time difference between a racer and the winner of the race. Penalty points are a handicap system that reflects the ability of the racers entered in the race and the performance of these racers relative to the rest of the field. A racer's two best results in an event are averaged to give the racer's new points for that discipline. Points are also considered "seed points" because they are used to determine the first run start order. For more information on how points are calculated see the USSS Alpine Competition Guide.

## **SafeSport Guidelines**

The Center for SafeSport, headquartered in Denver, was established by Congress under the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017. The Center is a separate and independent organization from the USOC, and provides a central source for education, reporting, investigation, and tools for U.S. Ski & Snowboard and the other national governing bodies. <https://uscenterforsafesport.org/>

## **SafeSport Certification**

SafeSport provides online training courses aimed at creating a safe and respectful sport environment for all athletes.

Any member of U.S. Ski & Snowboard who is appointed to a position of authority over, or who has frequent contact with athletes must clear criminal background screening and complete SafeSport training every two years with a refresher required every other year. This includes U.S. Ski & Snowboard members holding a U.S. Ski & Snowboard coaching license, U.S. Ski & Snowboard members holding a U.S. Ski & Snowboard officials license, U.S. Ski & Snowboard members holding a U.S. Ski & Snowboard club volunteer membership and U.S. Ski & Snowboard members at U.S. Ski & Snowboard clubs whom the club formally designates to be in a position of authority over athletes, and the U.S. Ski & Snowboard Governance Board members. NOTE: All volunteers in the race arena shall be SafeSport certified, subject to exceptional circumstances.



## **TAS U12 Programs**

TAS offers three programs at the U12 age level: U12, Intro, and Extension. The U12 program, ages 8-11, is designed to give athletes a building base for their racing career. The Intro program is an eight-week race program that begins the first Sunday in January and meets every Sunday thereafter through March. Our extension programs provide Intro racers with the option of adding additional training to the end of the season once Intro has ended.

The focus of each U12 program is having fun, getting on-snow mileage, building skills, gaining strength, learning to race, and working as a team.

## **TAS U14-U19 Program**

The U14-19 programs, ages 12-18, give athletes the opportunity to compete across PNSA, the Western Region and at the national and international levels.

## **TAS Programs Include**

- A comprehensive program of ski racing methodology for athletes to develop advanced skiing skills needed for all disciplines of alpine competition.
- An environment that creates the opportunity for the athlete to develop personal skills valuable both on and off the hill.
- A training and race schedule designed to give each racer a proper balance of training and racing. The coaches will assist each racer in determining a personal schedule.
- Coaching staff present at any TAS scheduled races.
- A system of communication to parents, racers and coaches. Information is distributed through Email, Website ([tasski.org](http://tasski.org)), and Remind (text message service and app).
- Extensive use of video and timing equipment provided to ensure fast progression and understanding.
- Dry-land training to assist the racer with physical conditioning. All TAS athletes are encouraged to participate. Physical fitness is mandatory, and each athlete is





responsible for being fit enough to safely ski at high speeds, in adverse conditions.

- TAS Coaches will be available to coordinate with athletes on the availability of ski equipment purchasing at special team prices.
- Training will take place at Alpental, Snoqualmie Summit West, Central, or East. Site selection will depend on snow conditions, race schedule, ability class and type of training discipline.
- TAS coaching staff will provide, if requested, personal racer evaluations, including a summer conditioning program.
- Other supplies such as training equipment and speed wax (non-fluorocarbon overlay) may be provided at races.



## **Team Alpental Snoqualmie Internal Organization**

### **Team Alpental Snoqualmie Training Groups**

All TAS racers will be placed in a group for training and racing. Training groups will be determined by the racer's ability, age, attitude and coach's recommendations. This can change from day to day and week to week.

### **Team Alpental Snoqualmie Schedule**

Each athlete needs competition to bring his/her personal performance to a peak level. However, the amount of competition needed varies from racer to racer. The TAS staff will provide each racer with the right quality and quantity of races and treat each athlete individually. TAS training plans are divided into different segments (macro-cycles) dependent upon the competition calendar (peaks such as WR qualifiers). The macro-cycles are further divided into micro and mini-cycles for single training units. The training plans are flexible enough to change with an athlete's performance variations. However, racers in the quest to "lower" their points, often lose training opportunities to enter races on their own. Unfortunately, no one can perform at the highest intensity level for extended periods of time. Competition becomes boring if there is nothing else for weeks and months other than races and specific race related exercises. The TAS staff will monitor the performance of each racer to maintain athlete enjoyment and engagement, as well as the highest possible performance levels. Athletes who feel it necessary to race in unscheduled events should confer with their coaches first.

### **What Racers Can Expect on Snow**

#### **Training**

The day begins with a team meeting at the base of the determined area at 8:45 am ready to ski. Racers are then divided into smaller training groups (approximately 7 per group). While the athletes generally work with one coach, racers will also train with other coaches in order to maximize the athlete's exposure to all the coaching staff and their knowledge.

Following the am meeting, racers free ski and/or work on technical drills, supervised by the coach assigned for the day. Lunch is usually scheduled for an hour, between 11:30 am and 12:30 pm but can vary. The miles of free skiing and technical aspects of ski racing are especially stressed early in the season. As the season progresses, racers spend more time running a variety of courses. Training is usually over by 3:15 pm with



an end of day evaluation and discussion. Racers who need to leave training early MUST always notify their coaches beforehand.

Midweek training follows the same pattern on a condensed schedule. Athletes should expect 2 hours of on-snow training with the team.

## **Race Day**

Upon arrival at a race site, the racer is responsible for acquiring his/her lift ticket and meeting up with the team at the designated area. In some cases, the athlete will need to get his/her bib at the registration area. Occasionally the coaches are required to pick up the bibs.

TAS staff will always have a team meeting before going out on the hill. All athletes should be ready to meet the coaches at team meeting time with boots on, ready to go. Details of the race are clarified by the coaches (i.e., start times, course locations, specific rules and regulations and location of training courses). Racers proceed to inspect the course with an assigned coach. After inspection, racers take warm-up skiing and/or training runs before the race starts.

It is the racer's responsibility to make sure he/she arrives at the start on time, allowing enough time to prepare for the race. A coach will be at the start to encourage, check equipment and give any last-minute instructions. After completing the first run, racers should report back to the coach at the start to receive feedback, learn inspection times for the second run and help carry clothes to the finish for other racers. This is also a good opportunity to encourage and support teammates. The process repeats for the second run.

TAS encourages all racers and families to stay for awards to support the team and other athletes. Understanding that there are often traveling restrictions that may require an early departure, this should be an exception rather than the rule.

When traveling to races, team meetings and video sessions will be held each night at away races. Athletes will prepare and wax ski equipment for the next day. Athletes must follow the curfew and rules as established by the coaches.

Racers will be expected to confirm participation with the coach for upcoming races. This is very important for logistics and staffing. See upcoming newsletters and the TAS website for specific information on future deadlines.



## **Cadence of the TAS Calendar**

<https://www.tasski.org/google-calendar/>

- September: Registration opens. Kick off BBQ. Dryland training
- October: Parent meetings. Dryland Training. Concussion baseline testing (U14 and older athletes).
- November: TAS online auction and fundraiser. Fall Camp at Panorama BC.
- December: Full time program begins (snow dependency for date). Christmas Camp. Webb Moffett (first home race for U14 and older athletes).
- January: Intro program starts. Full training including midweek options and weekend races depending on age.
- February: Full training including midweek options and weekend races depending on age.
- March: Dave Kincaid Race (First home race for U12 and younger athletes). Alpental SG (U12 and older athletes). Extension begins. Full training including midweek options and weekend races depending on age.
- April: Last races for the season, BWC (U12) NWC Finals (U16-19), Golden Rose (U14).
- May: TAS end of season banquet.
- June: Annual Meeting & Board Elections
- July: Summer Camps at Mt Hood



## **Notes on Supervision**

There are many times when the coaches do not directly supervise the athletes. Lunch breaks are not supervised. On most race days, the coaches will need to be at the start for the majority of the day and the athletes will make laps and take lunch without supervision.

Training day example: The coach may remain in place on the slope while the athletes make laps. Other times the coaches may send the team back to the lodge while they pack up the gear on the training hill, or have the team meet them at a specific trail so they can get the training site prepared before the group arrives. These are the ways our team members learn to be responsible for themselves and each other. The older the athlete, the more time they will have without the coach's direct supervision.

## **Communication Between Racers and Coaches**

Communication requires effort by both the racer and the coach to establish a productive relationship. Coaching is geared to emphasize what the racer does right and wrong, both tactically and technically. The coaches then suggest ways to improve particular aspects of skiing at any given time. Racers should not expect feedback for every run taken throughout the season. Time and practice allow for the improvement of skills.

Any time a racer does not understand technical explanations or directions; the racer is encouraged to ask for clarification. In addition, racers are expected to express any other concerns (mental, physical or situation) to the coaches. Awareness of difficulties allows coaches the chance to help with solutions.

## **Communication Between Parents and TAS**

The Program Director, the coaching staff and the Board of Directors encourage your input. We will make every effort to be informed and to keep you informed throughout the ski season. In striving to make TAS a positive experience for the racers, your participation in the entire process is necessary and encouraged. This is your team, Go Fast, Have Fun!

If you have any questions and/or concerns, please contact us.

- Website [www.tasski.org](http://www.tasski.org)
- Email [info@tasski.org](mailto:info@tasski.org)



## **Board of Directors 2022-23**

### **Executive Committee**

- President: Robert Rosen
- VP: M B Miller
- VP: Matthew Bergerson
- Treasurer: Boaz Levi
- Secretary: Courtney Stanton

**Directors**: Howard Willson, Tom Miller, Micheal Livingston, Yunyan Wang, Ty Ueland



## **Health Policies**

All members of Team Alpental Snoqualmie (athletes, coaches, parents and volunteers) will act responsibly and with an abundance of caution to help slow the spread of illness. TAS guidelines include:

- Getting vaccinated is HIGHLY recommended for everyone who is eligible.
- Monitor your health and do not show up to work or training if you are sick.
- Follow all ski area guidelines.
- Wash or sanitize your hands often.

### Athletes Responsibilities

- Athletes are HIGHLY encouraged to get vaccinated.
- Stay home if sick.
- Do not share food or water.
- Clean hands as often as possible.
- Tell a coach if you do not feel well.

### Coaches Responsibilities

- Inform athletes, parents, and other member about actions Team Alpental Snoqualmie is taking to protect members and the public. Remind members to stay home if sick or if they have been around someone who is sick.
- Be a role model.
- Encourage athletes to sanitize their hands before, during and after training and team activities.
- Educate athletes about covering coughs and sneezes with their elbow. Discourage spitting.
- Clean and disinfect the shack. Clean and disinfect shared equipment.

### **ATHLETES AND COACHES WHO TEST POSITIVE FOR COVID-19**

**If an athlete or coach tests positive for COVID-19, they will not be allowed to partake in any in-person team activities until 5 days have elapsed from the onset of symptoms. Additionally, they must be afebrile with significantly improved symptoms for 24 hours prior to returning to training / work. In the case that an athlete or coach tests positive for COVID-19 but does not exhibit any symptoms, they may not return to training / work until 10 days has elapsed from the date of their positive test.**

### **ATHLETES AND COACHES WHO ARE EXPOSED TO COVID-19**

**Unvaccinated athletes who have been exposed to someone with COVID-19 via close contact should quarantine for 14 days and are not allowed to partake in in-person team**



activities during their quarantine period. This quarantine period may be shortened to 7 days if the athlete remains asymptomatic and receives a negative COVID-19 PCR test result (test must occur 5 days or later following exposure). Vaccinated athletes and coaches do not need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, we ask that fully vaccinated athletes and coaches get tested for COVID 3-5 days after their exposure, even if they are asymptomatic.

### **ATHLETES AND COACHES WHO ARE SYMPTOMATIC**

Athletes and coaches who develop symptoms consistent with COVID-19 should be tested as soon as possible. Those who test negative will be allowed to return to training / work after they have been asymptomatic for 24 hours. Those who test positive should follow the guidance outlined above. Symptomatic athletes and coaches who do not undergo COVID-19 testing will be treated as presumptive positives and will not be allowed to return to training / work until 10 days have elapsed from the onset of symptoms, including 24 hours of no fever and significantly improved symptoms.

## **Athlete Responsibilities**

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### **Responsibilities and Rules of Conduct**

Being part of the TAS program is a privilege, not a right. As a program participant, you will be required to sign an agreement stating that you agree to observe the TAS Rules of Conduct, both on and off the hill.

### **TAS Rules of Conduct**

These rules are in effect at any ski resort, TAS event, gathering of TAS athletes and anywhere or anytime an athlete's conduct has a relationship to TAS including, but not limited to dry-land conditioning, on-snow sessions, team meetings, and fund-raising efforts. Athletes, parents, and coaches are jointly responsible for demonstrating appropriate behavior that ensures a safe, orderly and healthy environment. TAS athletes





can be found in violation of these rules if they fail to remove themselves from a situation involving a violation of the below rules. Athletes can be subject to disciplinary action, even if they are not directly responsible for the violation.

TAS athletes, coaches, officials, and volunteers are expected to read and abide by the provisions of the [United States Ski & Snowboard \(USSS\) Code found](#) in the USSS Alpine Competition Guide and in the PNSA Competition Manual (Code of Conduct). Coaches and officials shall maintain high standards of moral and ethical conduct and agree to conduct themselves according to the core values of integrity, passion, fun, team, community, excellence, and grit.

TAS is committed to racial and cultural diversity and inclusivity. TAS will not tolerate any discrimination or harassment on the basis of race, creed, color, national origin, citizenship or immigration status, sex, marital status, sexual orientation, age, or mental/physical disability. Any such behavior will be grounds for immediate removal from the program.

#### TAS athletes will:

- Commit to working hard, growing as skiers, and having fun. The joys of ski racing are achieved with courage, grit and the endurance of difficult conditions.
- Be respectful to their teammates, coaches, family, Summit at Snoqualmie employees, guests, and other community members.
- Focus on skiing and ski racing while at training and races.
- Be on time with the correct equipment for all team events including training. An athlete may not be allowed to attend training if they are not on time or if they have missing or improper equipment.
- Ski safely at all times. TAS athletes will adhere to the [Skier Responsibility Code](#), the [Racer Responsibility Code](#), [TAS Concussion Policies](#) and will maintain and use ski racing equipment appropriately (see detailed sections in TAS 2019 Manual). Ski racing can be an extreme sport. The provisions in these responsibility codes are in place to help athletes stay safe.
- Be prepared for skiing every day. Be on time and ready to go with appropriate equipment. Maintain personal ski equipment to ensure safety and optimum performance.



- Be respectful, polite and courteous to the coaching staff, race officials, ski patrol, all ski area personnel, other racers, family members and skiers.
- Accept and support each other, be good teammates. Ski racing is an individual sport, but all TAS athletes are part of our team. TAS athletes support each other by being encouraging, sharing their experience, and being there for each other.

TAS athletes will not:

- Be a distraction or hindrance to themselves or other athletes.
- Use, possess, distribute, or be under the influence of, or show evidence of having used, alcohol or drugs. This includes attending or remaining at a place where alcohol or drugs are being used. It is the responsibility of each TAS athlete to remove themselves from any situation where drugs or alcohol are present. Any individual who remains in such a situation can be subject to discipline for violation of this rule.
- Damage, vandalize, misuse, or steal any property, including but not limited to tampering with another athlete's equipment or belongings.
- Commit an act of hate, including hate speech or harassment/discrimination based on race, creed, color, national origin, citizenship or immigration status, sex, marital status, sexual orientation, age, or mental/physical disability.
- Commit any act that significantly endangers or harms others.
- Violate local, state, or federal law.
- Violate the [Skiers Responsibility Code](#) or fail to observe ski area rules and signs.
- Behave inappropriately in lift lines and on lifts; this includes no line cutting, jumping from chairs or skiing recklessly.
- Possess guns, knives, or other weapons.
- Violate curfews.
- Engage in abusive behavior, harassment, bullying, discriminatory, racist, harassing, lewd, indecent, or obscene conduct, or use of profane language. "Language" includes



all verbal, nonverbal, written, electronic or graphic forms. In all cases, coaches and athletes are expected to behave as a team and to use positive reinforcement and encouragement.

- Retaliate against any individual for reporting any violation of the rules.

Any TAS athlete who feels that he/she has been subjected to violation of these policies should report the incident to their coach or the Program Director. If a coach or the Program Director is not available, the athlete shall report the conduct to a TAS Board member and his/her parent.

### **Discipline for Rule Violations**

Participation in TAS is a privilege and may be revoked. Each athlete agrees to cooperate in any investigation relating to an alleged rule violation and comply with all reasonable requests. Law enforcement will be contacted as appropriate. Restitution, as allowed under the law, may be sought.

The coaching staff will enforce all Rules and Codes of Conduct during all TAS events including training, races, travel, overnight stays, camps, and meals. Enforcement may include verbal warnings, suspension, or dismissal from training sessions, races and/or events. Note that parents and athletes are subject to these provisions.

An athlete may be barred from participation as determined by the TAS Program Director or the Executive Committee either through a suspension or expulsion from the program. If a violation of the Rules occurs during team travel or camps, a parent or guardian may be required to pick up the athlete immediately. Club tuition will be forfeited in the event of any suspension or expulsion. Athletes expressly agree that TAS may consider community service as part of disciplinary action.

### **Reporting Rules or Code Violations**

Skiers, parents, coaches, and Board members shall immediately report complaints of harassment, hazing, intimidation, bullying, or any other violations of these Rules or Codes to the Program Director or a Board member. All complaints should also be in writing and submitted to the Program Director or Board President as soon as possible, but no later than 72 hours after the incident or receipt of the complaint. An investigation may be conducted, and sanctions will be determined in accordance with the TAS Code of Conduct and/or state and federal law. The Program Director or a TAS Board member



will notify the athlete and parents or guardians of any sanctions.

### **Appeals Process for Rules or Code Violations**

All sanctions imposed by TAS are subject to appeal by the athlete. A written appeal must be submitted to the Program Director within two weeks (14 days) of any sanction imposed. The TAS Program Director and Board will review and evaluate the written appeal and schedule a formal hearing, if necessary. All decisions of the TAS Board will be final.



### **Skier Responsibility Code**

[https://www.nsa.org/NSAA/Safety/Responsibility\\_Code/NSAA/Safety/Your\\_Responsibility\\_Code.aspx?hkey=341ee8dd-2dba-4255-b689-6105e62352d7](https://www.nsa.org/NSAA/Safety/Responsibility_Code/NSAA/Safety/Your_Responsibility_Code.aspx?hkey=341ee8dd-2dba-4255-b689-6105e62352d7)

1. Always stay in control and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

### **Racer Responsibility Code**

1. When running gates, appropriate helmet, goggles, face guard, shin guards and back protectors (U14 and older) are required. Faceguards are only required for cross blocking athletes. Mouth guards are required for SG and DH training and racing and recommended for all athletes U12 and older.
2. Equipment must be in good workable condition. Bindings must be properly adjusted for the conditions that exist.
3. Always side slip and carefully inspect a course before running it. Do not cross or go onto a closed course during training or at competitions.
4. Warming up gradually, skiing various radius turns at slow speeds, and stretching before training or racing is required.
5. If you fall and are unhurt, quickly move a safe distance away from the course.



6. While spectating a race event, stand far enough away from the course to allow a racer room to recover, or come to a complete stop.
8. Movement on a race slope can be distracting and dangerous. Always remain still while there is a racer on the course.
9. During training, if a gate is knocked out, make a best effort to ski around the original placement of the gate. If it is broken, please notify a coach.
10. Be sure to communicate to a coach when tired, afraid, if the course appears too difficult or rough, or if visibility is poor.
11. Always stop below the coach or group.
12. When your run is complete, move immediately out of the finish area.
13. When free skiing outside of the race or training area you must ski in control at all times.
14. Help yourself. Give yourself and others your best effort.
15. Communicate with your parents, coaches, and other racers.
16. Be on time for training sessions. Check-in with the coach and follow his/her direction.



## **Backcountry Skiing Policy**

The Alpentel backcountry offers some of the most unique and challenging ski terrain found anywhere in the world. This terrain creates a consequential skiing environment that all TAS athletes must respect, carry proper safety, and safely navigate. Athletes may never ski in the backcountry without having signed the Alpentel Backcountry Policy and Release, being checked out with ski patrol, and must always carry a beacon, shovel, and probe. TAS will facilitate avalanche courses and backcountry skiing safety clinics on an annual basis.

## **Concussion Policy**

When an athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete will be removed from practice or competition. TAS requires all athletes 13 and older to record a baseline impact assessment. If removed from practice or competition the coaching staff will refer the athlete for evaluation by a properly trained Doctor. The athlete will be placed on medical hold until the completed medical evaluation form is received by TAS Program Director with the signature of the parent or legal guardian and medical doctor who has been trained in concussion management within the past three years.

## **Provision and Maintenance of Equipment**

It is advised that you consult with a coach before purchasing skis or boots. They will help you determine the right size, model, etc.

## **Mandatory Equipment**

- Mouthguards are required for all U14 and older athletes.
- TAS Uniform
- Hard-shell/full-ear ski racing helmet required for all athletes. U14+ athletes must have a Helmet with the RH rated FIS sticker for Giant Slalom, Super-G & Downhill. Slalom specific helmets are acceptable only for slalom. Chin guards are required for slalom training.
- Slalom (for cross-blocking athletes): pole guards, shin guards, and faceguard.



- For U14 older athletes, a back protector is required for all Super-G and Downhill training and racing. And recommended for all skiing.

In addition to the usual ski wear, NW racers have found the following items useful:

- Rain Gear including gloves
- Waterproof, side-zip warm-up pants
- Clear lens goggles for night training
- Backpack with a name tag

### **Ski Maintenance**

- To keep skis in good shape, coaches will assist racers with maintenance instructions. U16 Racers need a wax kit with the following items.
- 8" chrome file with a 3-degree file guide
- Training & race wax (non-fluorocarbon)
- Sharp plastic scrapers
- Horsehair / nylon brush
- Diamond sharpening stone
- Ski waxing iron
- Tuning vises
- Ski straps

### **Timely Entry of Scheduled Races**

It is the athlete's responsibility to enter races by the entry deadline, except for FIS which will be done by the Coaches. The PNSA race calendar lists deadlines, fees, and links to





register for races. Coaches will communicate which races to enter.

### **Race Expenses**

- Race entry fees
- Travel to and lodging at races
- Lift tickets or season passes
- Meals



## **Team Travel**

Traveling as a team increases camaraderie and reduces costs. Where practical, athletes are encouraged to travel with the team at scheduled events.

TAS offers team travel for projects, races, and local training via our team van. Parent Coordinators for each age group help arrange group lodging if appropriate. Parent Coordinators are designated by the Program Director by age group for each season.

The van departs from Seattle and stops at Mercer Island Park and Ride. Sometimes we will make an additional stop at the Preston Park and Ride.

Mercer Island Park & Ride <https://goo.gl/maps/1b2B7zepgoq>

Round trip travel in the TAS van costs \$20 from Seattle to Snoqualmie Pass, \$60 to and from Washington races, and \$80 to and from races outside of Washington State. Sign up for spots here: <https://www.tasski.org/van-sign-ups/>

The Team may offer lodging at away races for \$50 a night per athlete. The team usually stays in 2.5-star hotels or better.

Team travel (e.g., team lodging) and van transportation is not available to athletes under 12 years of age at this time. This policy is subject to change, pending updated vaccine guidelines.



## **Parent Responsibilities**

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### **Participation in Fundraising Efforts**

Fundraising is the responsibility of every racer and every parent involved with the team. The annual TAS auction occurs each fall. It is critical to have donations from businesses and individuals to insure a successful event. All parents are encouraged to attend the auction. The auction is an excellent way to meet other parents of the team, build community and have a great time.

This event will give each racer an opportunity to raise the mandatory fundraising required, \$500 per family for team participation & \$100 for Intro families.

Support of all these activities is vital to the health of the program. Proceeds earned from the fund-raising events will be used for equipment and to supplement general operating costs. Scholarships will be given to deserving individuals depending on budget.

### **Mandatory Volunteer Assistance with TAS Races**

Each year TAS hosts several ski races. Hosting races is fun, gives back to the local racing community, and enables TAS racers to have the “home court” advantage. TAS takes pride in putting on the best races in the Northwest. This requires support from our parent community to pull off. Families are required to have 5 volunteer days for U12 and up (Intro families require 1 volunteer day).

There are jobs for everyone, skiers and non-skiers alike. A few examples are making sandwiches, handing out bibs, timing, gate-keeping, and administrative work. A full list and volunteer roles can be found on the TAS website. The only prerequisites are some time, warm clothing, and a sense of humor.

Contact the TAS Program Director for more information.



### **SafeSport Certification**

As mentioned previously, SafeSport provides online training courses aimed at creating a safe and respectful sport environment for all athletes.

Any member of U.S. Ski & Snowboard who is appointed to a position of authority over, or who has frequent contact with athletes must clear criminal background screening and complete SafeSport training every two years with a refresher required every other year. This includes U.S. Ski & Snowboard members holding a U.S. Ski & Snowboard coaching license, U.S. Ski & Snowboard members holding a U.S. Ski & Snowboard officials license, U.S. Ski & Snowboard members holding a U.S. Ski & Snowboard club volunteer membership and U.S. Ski & Snowboard members at U.S. Ski & Snowboard clubs whom the club formally designates to be in a position of authority over athletes, and the U.S. Ski & Snowboard Governance Board members.

**All parents volunteering in the race arena must be SafeSport certified.**

### **Provision for Transportation**

Each parent is expected to arrange transportation for his/her racer to training and races. A team roster will be available in late December to assist you in forming carpools. TAS operates vehicles that are available for traveling to races and training. It is the responsibility of each rider to sign up online and submit payment. It is also the responsibility of each rider to help take care of vehicles, inside and out, when used.



### **Fulfillment of Financial Obligations**

Each family is expected to pay for the following:

- Program tuition fees which are non-refundable
- \$500 fundraising commitment (\$100 for Intro)
- Lift tickets or season pass for training and races
- Race entry fees
- Lodging at away races
- Meals at away races
- Transportation to training and races

Team travel will be billed to each family periodically throughout the season. Athletes must be in good financial standing to participate in team activities, including training and racing.

### **Note:**

**Athlete and parent agreement (next page) must be completed, signed and returned to the Program Director before first day of on snow participation (including camp).**



## TAS Athlete and Parent Agreement

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I/we agree that \_\_\_\_\_ (athlete name) and  
\_\_\_\_\_ (Parent/Guardian) have read and understood the TAS  
Code of Conduct, USSS Code of Conduct, PNSA Competitors Manual and Skiers  
Responsibility Code, and agree to abide by those rules and guidelines.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

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Athlete

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Parent/Guardian