

U.S. Ski and Snowboard Association
P.O. Box 100 / 1 Victory Lane
Park City, UT 84060
Phone: 435.647.2666 Fax: 435.647.2052
Email: membership@ussa.org
Internet Site: www.ussa.org



For Office Use Only

**ALPINE COMPETITION FORM
2014-2015**

Note: One member per application. Memberships are non-refundable or transferable and expire annually on June 30.

Important Information

- Online registration & renewal is available at my.ussa.org. Online registration is immediate for athletes.
- Coaches, officials and volunteer members are required to undergo periodic background screening.
- Coaches without certifications will be required to complete the online Fast Start coaching course.
- Pending coaches, officials and volunteer members are not eligible to participate in USSA events.
- Applications accepted by mail, email and fax. Please call or email to confirm receipt of faxed applications.
- USSA and division or state late fees apply to renewals received after Oct. 15.
- New members are exempt from all late fees.

Please Print Clearly

First Name _____ Last Name _____ Home Phone () _____

Mailing Address _____ Work Phone () _____

City _____ State _____ Zip _____ Fax () _____

Date of Birth (Month/Day/Year) ____/____/____ Sex (circle one) Male Female Primary Email _____

Parent/Guardian Contact Information (for members under 18 years old)

1. First Name _____ Last Name _____ Relationship Mother/Father/Other

Email _____

2. First Name _____ Last Name _____ Relationship Mother/Father/Other

Email _____

Are you a New Member? Renewing Member? If you are a renewing member, please note your USSA # _____

Are you a U.S. citizen? Yes No what country? _____

In which U.S. state do you primarily participate and train? _____

Club Affiliation _____

(PLEASE PROVIDE COMPLETE CLUB NAME – DO NOT ABBREVIATE)



MANDATORY MEDICAL/ACCIDENT INSURANCE INFORMATION



Members must have and maintain primary Medical/Accident insurance for duration of membership year. Failure to provide accurate information demonstrating the existence of such insurance coverage for Member will prevent processing of this application and cause termination of membership and suspension of all rights to participate in U.S. Ski & Snowboard Association activities. Primary means the plan is NOT written to apply excess of other applicable policies.

Accepted policies:

- Primary medical/health insurance that covers athletic injuries.
- Any government sponsored health plan including Tricare, Medicare, Medicaid
- Catastrophic health plan which is a primary health insurance policy that covers athletic injuries

Policies not accepted:

- Any policy that is not considered "primary"
- Worker's Compensation
- Excess accident medical policies

Primary Medical Insurance Company Name: _____

Policy/ ID # _____

Phone # _____

Please indicate the division in which you will participate (check only one box)

*Coaches, officials and masters must declare a geographic division. **All foreign athletes must declare foreign division.* Foreign

Alaska Central Eastern Far West Intermountain Northern Pacific Northwest Rocky Mountain

Magazine

Members receive a subscription to their choice of Ski Racing (digital issues only), SkiTrax (for the cross country enthusiast) or a snowboard publication. Magazine subscriptions valid from time of renewal to spring of competition year. **Please note: Club Participant Members are eligible to receive either Ski Racing or no magazine only.**

Please select one option: Ski Racing SkiTrax Snowboard Publication No Magazine

USSA is required by Congress to report on the participation of minorities in our athletic programs. **Please choose one of the following categories:** White Black Latino Asian American Indian Pacific Islander Mixed Race Prefer not to respond

Code of Conduct & Competition Drug Testing

I understand that by virtue of my membership in USSA I must comply with USSA's Code of Conduct. I also understand that I may be required to participate in competition drug testing. By executing this form I agree to abide by and/or participate in such programs. I understand that

ALPINE SKIING COMPETITION PROGRAM 2014-2015

USSA Competitor: For ages 12 and older prior to Dec. 31. The USSA Competitor membership provides access to all levels of USSA scored and non-scored competitions at the local, divisional, regional and national level. Competitor memberships include scoring on national ranking lists as well as International Ski Federation ranking lists where appropriate (with additional FIS license). This membership is required for FIS registration and FIS level competitions. **Note: Alpine Competitors 18-24 may race in Alpine Masters races (excluding championships).**

\$150

◇ **Renewing members add the USSA Late Fee of \$25 to your total if received after Oct. 15.**

\$ _____
USSA Late

◇ **Division/State Dues:** If Div/State is listed below, please add the appropriate amount in addition to the USSA membership fee. After Oct. 15 late amount owed for **renewing** members.

- | | | |
|------------------------------------|---|--|
| ◆ Alaska \$35/ after Oct.15 \$50 | ◆ Intermountain \$50/ after Oct.15 \$65 | ◆ Pacific Northwest \$40/ no late fee |
| ◆ Central \$50/ no late fee | ◆ Maine \$40/ after Oct.15 \$60 | ◆ Pennsylvania \$35/ after Oct.15 \$50 |
| ◆ Far West \$53/ after Oct.15 \$81 | ◆ New Jersey \$30/ after Oct.15 \$50 | ◆ Rocky \$35/ no late fee |
| | ◆ Northern \$30/ after Oct.15 \$50 | ◆ Tri-State \$30/ no late fee |

\$ _____
Div/State
Dues

USSA Youth Competitor: For ages 13 and younger prior to Dec. 31. The USSA Youth Competitor membership provides access to entry-level/non-scored USSA competitions. USSA Youth Competitor memberships are designed for athletes who have just begun competing but are not yet participating in scored events. These members are not eligible for participation in USSA ranking lists. Does not pay **USSA** late fee. **Not eligible for USSA events.**

\$80

◇ **Division/State Dues:** If Div/State is listed below, please add the appropriate amount in addition to the USSA membership fee. After Oct. 15 late amount owed for **renewing** members.

- | | | |
|------------------------------------|---|--|
| ◆ Alaska \$20/ no late fee | ◆ Maine Age 10 & Under \$20/ no late fee | ◆ Pacific Northwest \$20/ no late fee |
| ◆ Central \$30/ no late fee | ◆ Maine Age 11&12 \$40/ after Oct.15 \$60 | ◆ Pennsylvania \$35/ after Oct.15 \$50 |
| ◆ Far West \$38/ after Oct.15 \$66 | ◆ New Jersey \$30/ after Oct. 15. \$50 | ◆ Rocky \$10/ no late fee |
| ◆ Intermountain \$20/ no late fee | ◆ Northern \$22/ after Oct.15. \$37 | ◆ Tri-State \$30/ no late fee |

\$ _____
Div/State
Dues

USSA Club Participant: The new low-cost USSA Club Participant membership is designed for young athletes who are training with a club program and may be competing in non-USSA competitions, but not yet participating in USSA events. It's also perfect for club volunteers or parents who are starting to become active in support of club activities and events as well as those forerunning in sanctioned events. **Not intended for those in a position of authority over minors. Not eligible for those competing in sanctioned events.**

\$25

◇ **Division/State Dues:** If Div/State is listed below, please add the appropriate amount in addition to the USSA membership fee.

- | | | |
|---------------------------------|-----------------------------|-------------------------------|
| ◆ Far West \$10/ no late fee | ◆ Northern \$5/ no late fee | ◆ Tri-State \$12/ no late fee |
| ◆ Pennsylvania \$5/ no late fee | | |

\$ _____
Div/State
Dues

USSA Master: For ages 18 and over prior to Dec. 31. The USSA Masters membership gives alpine athletes over the age of 18 access to alpine masters events, including Masters Championships and its qualifying events. This membership is perfect for adult athletes who are interested in competing with other adults domestically. Required for alpine masters FIS registration.

\$110

◇ **Renewing members add the USSA Late Fee of \$25 to your total if received after Oct. 15.**

\$ _____
USSA Late

◇ **Division/State Dues:** If Div/State is listed below, please add the appropriate amount in addition to the USSA membership fee. After Oct. 15 late amount owed for **renewing** members.

- | | |
|--|---------------------------------------|
| ◆ Central \$15/ no late fee | ◆ Pacific Northwest \$25/ no late fee |
| ◆ Pennsylvania \$35/ after Oct.15 \$50 | ◆ Tri-State \$15/ no late fee |

\$ _____
Div/State
Dues

Contribution: Please check appropriate box \$5 \$10 \$25 \$50 Other: _____ **Thank you!**

\$

Bonus Pack: \$25 each (includes shipping and handling). See last page for details. T-Shirts are available in **adult sizes S, M, L and XL only.** Bonus Packs are mailed individually. **Please allow 4-6 weeks for delivery. Bonus Packs shipped to U.S. addresses only. Indicate desired size and quantity.** Check here to opt-out of receiving your Bonus Pack magazine subscription to *Ski* magazine:

| Description | Size | Quantity | Description | Size | Quantity |
|----------------|------|----------|-------------|------|----------|
| General Design | | | Freestyle | | |
| Alpine | | | Jumping/NC | | |
| Cross Country | | | Snowboard | | |

Total # of Bonus Packs ____ x \$25
=

\$

Method of Payment

Please note: There will be a \$25 returned check fee.

Check # _____

VISA/MasterCard

U.S. Ski and Snowboard Teams prefer VISA

Exp. Date _____ Signature _____

Total Due
\$

ALPINE SKIING COMPETITION PROGRAM 2014-2015

*** Attention Coaches, Officials and Club Volunteer members ***

- ◆ Coach, official and club volunteer memberships are available to those 15 and over.
- ◆ All coaches, officials and club volunteer members are required to undergo periodic background screening.
- ◆ If screening is required, you must register within 10 days of membership registration.
- ◆ Absolutely no refunds will be given for failure to complete background screening.
- ◆ Please allow several weeks for screening process to be completed. Screening times vary.
- ◆ All coach, officials and club volunteer memberships will remain on **pending** until USSA Member Services receives positive background screening results.
- ◆ Foreign screening may take several months.

| | |
|---|--|
| <p>USSA Coach (with background screening): For ages 15 and older prior to Dec. 31. Coaches are the backbone of the USSA's development pipeline, providing leadership to athletes through USSA club programs. Every USSA Coach member undergoes periodic background screening to help provide a SafeSport environment in clubs. In addition, coaches are required to take a short online education program on important coaching guidelines. The USSA also provides coaches with an in-depth sport education program, helping them achieve various certification levels in their sport. Note: Required for access to coaching credentials at all USSA competitions. Issuance of credentials to appropriate working coaches is the responsibility of the event.</p> | <p>\$135</p> <p>\$ _____ USSA Late</p> <p>\$ _____ Div/State Dues</p> |
| <p>◇ Renewing members add the USSA Late Fee of \$25 to your total if received after Oct. 15.</p> <p>◇ Division/State Dues: After Oct. 15 late amount owed for renewing members.</p> <p>◆ Far West \$38/ after Oct. 15 \$66 ◆ New Jersey \$15/ after Oct.15 \$35 ◆ Rocky/RMSRO \$20/ no late fee ◆ Maine \$40/ after Oct.15 \$60 ◆ Pennsylvania \$5/ no late fee ◆ Tri-State \$15/ no late fee</p> | |

Attention Coaches

| | |
|---|---|
| <p>Coaches without certifications are required to complete the mandatory Fast Start Coaching Course (\$10). Once registered for membership you may access the course online through the notice at the top of your My USSA account. Your membership will remain on pending until the course is completed. Absolutely no refunds for membership or course fees will be given for failure to complete the required course.</p> | <p>\$10 Fast Start Coaching Course</p> |
| <p>USSA Official (with background screening): For ages 15 and older prior to Dec. 31. Competitive events are the core of USSA's programs with a network of over 4,000 events, all managed by USSA Officials. Each USSA Official is periodically background screened to help provide a SafeSport environment in clubs. Officials are also able to achieve various levels of certification through educational programs offered by the USSA.</p> <p>Note: Does not pay USSA late fee <i>if</i> this is the only membership held.</p> <p>◇ Division/State Dues: After Oct. 15 late amount owed for renewing members.</p> <p>◆ Far West \$38/ after Oct. 15 \$66 ◆ Pennsylvania \$5/ no late fee ◆ Tri-State \$15/ no late fee ◆ New Jersey \$15/ after Oct. 15 \$35 ◆ Rocky/RMSRO \$20/ no late fee</p> | <p>\$ _____ Div/State Dues</p> |

| | |
|--|---|
| <p>USSA Club Volunteer (with background screening): For ages 15 and older prior to Dec. 31. The new USSA Club Volunteer membership is designed for parents and club volunteers who undertake a leadership role in USSA clubs, divisions, regions, competitions and club training sessions. Each USSA Club Volunteer undergoes periodic background screening to help provide a SafeSport environment in clubs. This membership is a good stepping-stone to becoming a USSA Coach or Official, and is fully upgradeable during the season. Applicable for those in a position of authority over minors. Not eligible for official's certifications.</p> <p>Note: Does not pay USSA late fee <i>if</i> this is the only membership held.</p> <p>◇ Division/State Dues: After Oct. 15 late amount owed for renewing members.</p> <p>◆ Far West \$10/ no late fee ◆ Pennsylvania \$5/ no late fee ◆ Tri-State \$15/ no late fee</p> | <p>\$60</p> <p>\$ _____ Div/State Dues</p> |
|--|---|

Contribution: Please check appropriate box \$5 \$10 \$25 \$50 Other: **Thank you!**

| <p>Bonus Pack: \$25 each (includes shipping and handling). See last page for details. T-Shirts are available in adult sizes S, M, L and XL only. Bonus Packs are mailed individually. Please allow 4-6 weeks for delivery. Bonus Packs shipped to U.S. addresses only. Indicate desired size and quantity. Check here to opt-out of receiving your Bonus Pack magazine subscription to Ski magazine: <input type="checkbox"/></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Description</th> <th style="text-align: left;">Size</th> <th style="text-align: left;">Quantity</th> <th style="text-align: left;">Description</th> <th style="text-align: left;">Size</th> <th style="text-align: left;">Quantity</th> </tr> </thead> <tbody> <tr> <td>General Design</td> <td>_____</td> <td>_____</td> <td>Freestyle</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Alpine</td> <td>_____</td> <td>_____</td> <td>Jumping/NC</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>Cross Country</td> <td>_____</td> <td>_____</td> <td>Snowboard</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table> <p style="text-align: right;">Total # of Bonus Packs _____ x \$25</p> | Description | Size | Quantity | Description | Size | Quantity | General Design | _____ | _____ | Freestyle | _____ | _____ | Alpine | _____ | _____ | Jumping/NC | _____ | _____ | Cross Country | _____ | _____ | Snowboard | _____ | _____ | <p>\$</p> |
|---|-------------|----------|-------------|-------------|----------|----------|----------------|-------|-------|-----------|-------|-------|--------|-------|-------|------------|-------|-------|---------------|-------|-------|-----------|-------|-------|-----------|
| Description | Size | Quantity | Description | Size | Quantity | | | | | | | | | | | | | | | | | | | | |
| General Design | _____ | _____ | Freestyle | _____ | _____ | | | | | | | | | | | | | | | | | | | | |
| Alpine | _____ | _____ | Jumping/NC | _____ | _____ | | | | | | | | | | | | | | | | | | | | |
| Cross Country | _____ | _____ | Snowboard | _____ | _____ | | | | | | | | | | | | | | | | | | | | |

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| <p>Method of Payment: Please note: There will be a \$25 returned check fee. <input type="checkbox"/></p> <p>Check # _____</p> | <p>VISA/MasterCard _____</p> <p>U.S. Ski and Snowboard Teams prefer VISA _____</p> <p>Exp. Date _____ Signature _____</p> | <p>Total Due \$</p> |
|--|---|---------------------------------------|

**UNITED STATES SKI AND SNOWBOARD ASSOCIATION
ASSUMPTION OF RISK AND RELEASE OF LIABILITY – READ CAREFULLY BEFORE SIGNING**

I understand that skiing and snowboarding in their various forms, as well as preparation for, participation in, coaching, volunteering, officiating and related activities in alpine, nordic, freestyle, adaptive, and snowboarding competitions and clinics (hereinafter collectively referred to as "Activities"), involve many **RISKS, DANGERS and HAZARDS**. These risks, dangers and hazards include, but are not limited to, changing weather and snow conditions, variations in steepness or terrain, natural and man-made obstacles and structures, equipment failure, collisions with objects or structures, being struck by skiers/riders or equipment, and exceeding one's own abilities. I further understand that ski and snowboard training and competition may be more hazardous than recreational skiing and snowboarding. I understand that **INJURIES OF ALL TYPES ARE A COMMON AND ORDINARY OCCURRENCE of the Activities**. I know that the risk of **SEVERE INJURY** and even **DEATH** exists in all training and competition locations and activities, including free skiing and riding. I also know that personal training, coaching, instruction, supervision and enforcement of rules by the United States Ski & Snowboard Association, its officers, directors, volunteers, employees, contractors, member coaches, member officials, together with affiliated entities involved in the conduct of the Activities (including, but not limited to, the International Ski Federation, local ski clubs, competition organizers, race officials, volunteers, fellow members, sponsors, and ski and snowboard facility operators)(hereinafter the term "USSA" shall be used to refer to all such persons and entities collectively) do not and cannot guarantee my safety.

With full knowledge and understanding of the **RISK OF SEVERE INJURY AND DEATH** involved in ski and snowboard training and competition, I **FREELY AND VOLUNTARILY ACCEPT AND FULLY ASSUME THE RISK THAT I MAY SUFFER TEMPORARY, PERMANENT OR EVEN FATAL INJURIES**, even if I follow the instructions or advice of USSA.

In consideration of USSA's acceptance of my membership application, and in spite of the risk of severe or permanent injury, or even death, the undersigned (hereinafter "Member") agrees to comply with and be bound by the following terms at all times, whether training or practicing for competition, or in competition.

1. Member hereby unconditionally **WAIVES AND RELEASES ANY AND ALL CLAIMS, AND AGREES TO HOLD HARMLESS, DEFEND AND INDEMNIFY USSA OF AND FROM ANY CLAIMS**, present or future, including any loss, damage, expense, or injury (including **DEATH**), suffered by any person and arising from Member's participation in any Activities in which USSA is involved in any way, due to any cause whatsoever, **INCLUDING NEGLIGENCE** and/or breach of express or implied warranty on the part of USSA.
2. Member hereby **RELIEVES USSA OF ANY DUTY TO PROTECT MEMBER FROM HARM** in connection with any Activities in which USSA is involved in any way.
3. Member authorizes USSA to obtain medical care for, or transport him/her to a medical facility or hospital if, in the opinion of USSA, medical attention is required and Member is unable to make such decisions for himself/herself. Member agrees to pay all costs associated with such medical care and related transportation and shall **DEFEND, INDEMNIFY AND HOLD HARMLESS** USSA of and from the consequences of such decision and from any such costs incurred relating to the provision of medical care. Member also authorizes disclosure of protected medical information necessary to provide, coordinate or manage member's healthcare consistent with the dictates of HIPAA and to the extent that such use or disclosure is required by law.
4. Member agrees never to utilize any run, course or facility for any training, practice or competition without first conducting his/her own thorough visual inspection of the run, course or facility.
5. This Agreement shall be construed in accordance with, and governed by the substantive laws of the State of Colorado, without reference to principles governing choice or conflicts of laws. In addition, Member agrees that all lawsuits for personal injury or related loss against USSA must be maintained in state courts sitting in Summit County, Utah or federal district courts sitting in the District of Utah, Central Division, and Member consents and agrees that jurisdiction and venue for such proceedings shall lie exclusively with such courts. In the event any portion of this release is found to be unenforceable, the remaining terms shall be fully enforceable.

HAVING CAREFULLY READ THE FOREGOING AND UNDERSTANDING IT TO BE A LEGALLY BINDING RELEASE AND INDEMNITY AGREEMENT, MEMBER SIGNIFIES HIS ASSENT TO THE ABOVE TERMS BY SIGNING BELOW:

| | |
|-------------------------------|----------------------|
| MEMBER (If 18 or over) | |
| Signature: _____ | Date of Birth: _____ |
| Printed name: _____ | Date Signed: _____ |

SIGNATURE OF PARENT OR GUARDIAN REQUIRED FOR MEMBERS UNDER THE AGE OF 18

As the parent or guardian of the minor child Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns. By affixing my signature below I represent that I intend to give up my right, the right of the Member, and the right of any other parent or guardian to maintain any claim or suit against USSA arising out of the Member's participation in any Activities involving USSA in any way. I further agree to hold harmless, defend, and indemnify USSA of and from any claims from third parties arising from the minor child Members' participation in any activities affiliated with USSA.

Parent or guardian's signature _____

Printed name _____ Date Signed: _____

Applicant's Name (Please Print) _____ Date of Birth: _____

USSA Member Service
Email : membership@ussa.org
Fax: 435.647.2052

Required for all USSA Members USSA Concussion Policy for Members

Any USSA athlete suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in USSA sporting event (e.g. sanctioned training, practice, camps, competitions or tryouts), by the Technical Delegate or USSA member coach overseeing such sporting event. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in USSA sporting events by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to USSA in the clearance letter that he/she has successfully completed a continuing education course in the evaluation and management of concussive head injuries within three years of the day on which the written statement is made.

Upon removal of an athlete from participation for a suspected concussion/traumatic brain injury, the USSA TD or member coach making the removal must inform USSA Competition Services. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to USSA Competition Services in order to be permitted to participate in USSA sporting events.

About Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a "mild" brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

Risk of Continued Participation

A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

The USSA recommends that Members review the Center for Disease Control's resources on concussion awareness at the following link:

http://www.cdc.gov/concussion/HeadsUp/online_training.html

By his/her signature below, **MEMBER CERTIFIES THAT HE/SHE HAS READ AND UNDERSTOOD THIS AGREEMENT**, and agrees in full with its terms, intend that it be binding on Member, his/her heirs, executors, administrators and assigns, and that it remain in full force and effect for as long as Member participates in USSA training, competition and related programs and activities..

MEMBER

Signature: _____ Date of Birth: _____

Printed name: _____ Member No.: _____ Date Signed: _____

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR* MEMBERS**

As the parent or guardian of the minor Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns.

Parent or guardian's signature _____

Printed name _____ Date _____

USSA Protection Safe Sport Guidelines

Required for all USSA members

Purpose of the Guidelines

As National Governing Body and steward of our sport, USSA has published this document to assist its clubs, coaches, and team leaders in recognizing unacceptable behavior and acting to prevent or correct it.

These guidelines are not intended to serve as legal advice or to supplant legal definitions of abuse and harassment that vary depending on jurisdiction. Instead these guidelines are designed to raise awareness of areas of concern. If these guidelines raise concerns about behavior you have witnessed, you are advised to notify the child's parents and seek appropriate counsel.

Definition of a Child

For the purpose of these guidelines, a child is defined as anyone under the age of 18 years.

Statement

- The welfare of the minor child is paramount.
- Children must be protected from harm, abuse, and degrading treatments.
- Parents must be involved in any action taken to intervene in behalf of their child.

Overview

- These guidelines are intended to raise awareness and:
- Promote Good Practice.
 - Provide examples of objectionable behavior and assist in recognition of signs of abuse.
 - Urge team leaders to take action.

Positions of Trust

Good Practice

- The welfare of the child is the primary concern.
- Be aware that the closeness of the coach/athlete relationship may encourage feelings that are not directly related to the sport.
- Set out and maintain appropriate boundaries.
- Promote fairness,
- Prevent and correct bullying.
- Treat all children equally, with dignity and respect.
- Give enthusiastic and constructive advice rather than criticism.

Unacceptable Behavior

- NEVER enter into a sexual relationship with a child under your care/supervision.
- NEVER use your influence over a child for your own interests.

Physical Contact

Good Practice

- Physical contact is recommended only in support of the following purposes:
 - to develop or demonstrate sports skills.
 - to diagnose or treat an injury.
 - to give appropriate sport massage.
- These actions should only be carried out by appropriately qualified staff.
- Physical contact may be appropriate in other circumstances, as in congratulating a child or consoling a child who is upset. However, always ensure that physical contact is carried out in the open, or in the presence of another supervising adult.
- Remember that interpretations of touching will be affected by factors such as cultural differences, religious implications, relative age, sexual orientation.
- If a child is uncomfortable with physical contact, stop.

General Supervision

Good Practice

- A supervising adult should never be alone with a child in potentially compromising situations, i.e. in a hotel room, bathroom, changing room, locker rooms, etc.
- Mixed gender teams must always be accompanied by male and female responsible adults.

Unacceptable Behavior

- Do not spend time alone with a child behind closed doors.
- Do not take a child alone on a trip unless in an emergency and with written parental permission.
- Do not enter the room of a child without another responsible adult present.
- Never share a room with a child.
- Discourage sexually provocative jokes or inappropriate touching or conversation.

Confidentiality

Good Practice

- Where you are close to a child, you may gather very personal information about the child.
- Try to make the child aware of the importance and implications of the information he is sharing.

Unacceptable Behavior

- You should never encourage confidences, or intrude into the private life of the child.

- Maintain appropriate boundaries.

Integrity

Good Practice

- Discourage children from talking offensively about others, but be aware that the child may be trying to describe an instance of abuse.
- Never talk offensively about others yourself.
- Encourage children to obey the rules of the sport, and compete in good faith, and treat officials and other competitors with respect.
- Emphasize fair play!

Unacceptable Behavior

- Never advocate measures to gain an unfair advantage or cheat in any way.
- Never allow children in your care to do this.

Personal Standards

Good Practice

- Always display high personal standards.
- Respect USSA's Core Values and live them.
- Respect USSA's Code of Conduct.
- Always project a favorable image of the sport, the Olympic movement, USSA, and FIS.
- Always project an image of health, cleanliness and efficiency.

Unacceptable Behavior

- Do not smoke, or drink alcohol to excess, when in the company of children.
- Never use profane, insulting or otherwise offensive language.
- Never use any form of sexually charged verbal intimacy or innuendoes.

If you are unsure.....

- Always err on the side of protecting the child. Take action.
- If you are unsure of what is appropriate or necessary in the particular circumstance, you should consult local counsel, medical professionals, or contact USSA's Legal Counsel for guidance.
- Always involve the child's parents in any action involving their child.

Defining Abuse

- Physical
- Emotional
- Neglect
- Sexual
- Bullying
- Hazing

Physical Abuse

- Physical injury of all types when such injury is intentional or results from neglect.
- Giving a child alcohol or inappropriate medications or drugs.
- In a sports situation, this may also occur when the nature and intensity of training disregard the capacity of the child's immature and growing body.

Emotional Abuse

- May involve telling a child that he/she is useless, devaluing them.
- Constant criticism and negative feedback.
- Shouting, threats or taunts.
- Hazing
- Harassment based upon race, gender or sexual orientation.
- Unrealistic expectation of performance at levels above a child's capability.

Neglect

- Failure to provide adequate food or shelter.
- Prolonged unnecessary exposure to cold or heat.
- Unnecessary risk of injury.

Sexual Abuse

- In sport, activities which might involve physical contact with children may create situations where sexual abuse may go unnoticed.
- The power of the coach over the athlete could, if misused, lead to abusive situations developing.

Bullying

- May be physical, verbal or emotional.
- Is usually repeated over a period of time.
- May involve staff, other athletes, or parents.
- Signs may include a drop in performance, behavioral changes, mood swings, reluctance to train/compete, frequent loss of possessions, physical injuries (bruising, scratches, etc), poor sleep, loss of appetite/weight.

Be Vigilant....

- Ensure coaches and those in positions of trust are screened pursuant to USSA's criminal background screening policy.
- Watch for signs of abuse, and of bullying.
- Note changes in behavior.
- Drop in performance.
- Physical symptoms and signs.

Action

- It is NOT your responsibility to decide if abuse is taking place.
- However, if you suspect abuse, you should take action. Report your concerns to parents, or if necessary, local child protection or law enforcement authorities.
- Seek counsel from qualified individuals to assist your club in addressing objectionable behaviors.

Remember...

- The effects of abuse may have very long-lasting consequences for the child.
- The welfare of the child is paramount.
- Children must be protected from harm, discrimination and degrading treatments.

Documents

These guidelines are intended to complement:

- The USSA Code of Conduct
- The USSA Athlete Protection Policy
- The USSA Criminal Background Screening Policy
- FIS and WADA Anti-Doping Policies
- The USOC Safe Sport Policies

In the event you have any questions about these guidelines or wish to discuss or report any a suspected violation of these guidelines please contact USSA's Legal Counsel at anatt@ussa.org.

Hotline

This no-cost, confidential service helps athletes manage crisis situations and other misconduct-related issues that they may face. The hotline is staffed by professionals who will listen to concerns and quickly connect callers with resources in the community. Any USSA athlete may call the hotline at any time, which is staffed 24/7.

The hotline services are currently available: Call: 855.665.5473 TDD: 800.697.0353

SafeSport Training

Additional training is available at training.teamusa.org and USSA members can access at no cost if they sign in with their membership number. All Coaches, Officials, and the parents of minor Competitors and Youth members are strongly encouraged to take this course. Please take note of this website and code so you can complete the training after finalizing your membership.

By his/her signature below, **MEMBER CERTIFIES THAT HE/SHE HAS READ AND UNDERSTOOD THIS AGREEMENT**, and agrees in full with its terms, intend that it be binding on Member, his/her heirs, executors, administrators and assigns, and that it remain in full force and effect for as long as Member participates in USSA training, competition and related programs and activities without independent medical and accident insurance.

| | | | |
|---------------------|-------------------|----------------------|--|
| MEMBER | | | |
| Signature: _____ | | Date of Birth: _____ | |
| Printed name: _____ | Member No.: _____ | Date Signed: _____ | |

SIGNATURE OF PARENT OR GUARDIAN REQUIRED BELOW FOR MINOR* MEMBERS**

As the parent or guardian of the minor Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns. I intend to give up my right, the Member's right, and the right of any other parent or guardian to maintain any claim or suit against USSA arising out of the Member's participation in any Activities involving USSA in any way.

Parent or guardian's signature _____

Printed Name _____ Date _____

THIS DOCUMENT DEPRIVES YOU OF ANY LEGAL RIGHT TO SUE USSA, EVEN FOR ITS OWN NEGLIGENCE. DO NOT SIGN AND INITIAL IT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.



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