



SPIDERONE RACING TEAM
ATHLETE AGREEMENT AND CODE OF CONDUCT

Athlete Name: _____

I hereby declare that I have read and fully understand the *SpiderOne Racing Athlete Agreement and Code of Conduct*, and agree to abide by the terms herein.

I agree to complete and file with Spider One Racing, the required *Emergency and Medical Information and Consent Form*, and to ensure that I have a copy of same at all races or camps at which I participate. I agree to ensure that I carry adequate health/medical insurance coverage, and that I will be responsible for any costs for medical treatment not covered by my insurance.

I agree to abide by the rules, bylaws, regulations, and/or laws of SpiderOne Racing, USA Triathlon and host venues.

Date: _____

(Athlete Signature)

(signature of parent/legal guardian for Athlete under age 18)

The following *Athlete Agreement and Code of Conduct* is for the benefit of the Athletes, coaches, volunteers, and all of members of SpiderOne Racing. Its purpose is to create the best possible environment for our athletes and coaches in which to strive to achieve excellence. An understanding of this agreement will clarify the responsibilities of participants, as well as those of the management team for SpiderOne Racing.

General Responsibilities:

1. It is the responsibility of the athlete to ensure they are physically capable of participating in a scheduled multisport event.
2. It is the responsibility of the athlete to ensure that they have all necessary licenses to allow them to participate in multisports events in the United States.
3. It is the responsibility of the athlete to ensure that they have valid Health Insurance.

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General Rules of Conduct:

SpiderOne Racing athletes should always remember that they are ambassadors for the sport of triathlon, for the SpiderOne Racing team and for USA Triathlon.

Athletes should demonstrate good sportsmanship and show respect for others by winning with humility and losing with dignity; training and competing to the best of their abilities at all times, avoiding behavior that could cause disruption or interference with other competitors during training or competition; striving to demonstrate a positive and supportive attitude towards themselves and others; working as a cooperative member of a team; being respectful of the equipment of others; and being responsible for the safe handling, care and maintenance of their own equipment.

Each Spider One Racing Athlete shall:

1. Avoid any behavior that could reasonably be expected to significantly disrupt or interfere with a competition, training camp, or preparation of any athlete for an event;
2. Treat with respect, and avoid damage to, all property, facilities and equipment used for the purpose of training or competition, including but not limited to: rental accommodations, vehicles, host club facilities, equipment, and clothing of others. The athlete shall be held personally accountable for any such damage and will reimburse Spider One Racing directly for any such damage as determined by the head coaches of Spider One Racing;
3. Avoid the use of banned substances that contravene the rules of USA Triathlon and the International Olympic Committee (IOC). Athletes, in consultation with their coaches, have a responsibility to be aware of, and avoid the use of performance enhancing substances or practices;
4. Refrain from the use or possession of illegal "recreational" drugs;
5. Refrain from smoking and the use of any tobacco product;
6. Refrain from the consumption of alcohol during any event or team training camp. Possession or consumption of alcohol by athletes who have not reached the legal drinking age of 21 is strictly forbidden at all times both during team outings/events and while away from the team.



Resolution of Disputes and Disciplinary Procedures:

SpiderOne Racing and the Athlete agree that alleged breaches and disputes relating to this Agreement shall be dealt with in a timely manner. Information relating to alleged breaches or disputes relating to this Agreement shall be kept confidential, and such information shall only be disclosed to outside parties with the express permission of SpiderOne Racing and the Athlete, unless such disclosure is required by law.

All members of SpiderOne Racing should undertake to resolve any differences or disagreements with another member, in good faith and in a non-confrontational and timely manner.

Minor breaches of discipline shall be dealt with by the coaching staff and/or other members of the SpiderOne Racing staff, by discussing the problem with the athlete(s) involved.

Resolution of the problem could involve the imposition of disciplinary measures by the coaching staff, which may include withdrawal of training or competition privileges including entry to team races.

If an informal approach fails to resolve the problem, or if there are persistent breaches of this Agreement, a formal complaint should be made to the head coaching staff of SpiderOne Racing. This formal (written) complaint should be preceded by notification of the parties involved within 24 hours of the problem occurring, and should include the following details:

- 1 – The time, date, and location of the problem;
- 2 – The name(s) of the person(s) alleged to have breached the Agreement;
- 3 – The name(s) of any person(s) who may have been wronged;
- 4 – The full name and address of the person(s) making the complaint;
- 5 – A specification of the rule or guideline broken;
- 6 – A description of the offensive behaviour and the effect on others or on the event in process;
- 7 – Any other relevant information.

A Review Panel will be set up within 14 days of receipt of this written complaint, by the SpiderOne Racing staff, and will include the team's head coaches and a representative of the person(s) alleged to have breached the Agreement. The Athlete shall be notified of the scheduling of this review. All parties to the dispute may call witnesses and submit evidence and ask questions of the others involved. A written record of the proceedings shall be made and may not be released by the panel except to the head coaches of SpiderOne Racing. The Review Panel will advise the complainant(s) of its decision within 10 days of receipt of the written complaint. All decisions of the Review Panel shall be final.