

**2024 QJS-CSS**  
**XC RUNNING**  
**INFORMATION**  
**BOOKLET**



## **PRACTICE TIMES**

- **Tuesday & Thursday 3:30-4:30 p.m. at Correlieu (meet by the track) beginning Tuesday, September 10<sup>th</sup>.**
- West Fraser Timber Park on select dates---details to come.
- QJS students can take bus (TBD) to CSS after school
- Please ensure your child has a ride home by 4:30 p.m.
- If a practice is cancelled (i.e. due to poor weather), Mr. Trueman or Mrs. Christieson will have PA announcements made A.S.A.P.

## **QJS WEBSITE FOR ACCESS TO FORMS & KEY INFORMATION**

Please follow these steps to access forms that must be returned at the beginning of the season, before overnight trips, and to locate other important information.

Alternatively, many of these key forms are attached to this booklet.

- [www.sd28.bc.ca](http://www.sd28.bc.ca)
- Schools
- School directory
- Quesnel Junior School
- Athletics top tab
- 2024-2025 Team Schedules and Notices

**OR**

- Permission forms/Coaches Corner

**OR**

- Volunteer information

## **FORMS TO BE SIGNED & RETURNED AT THE BEGINNING OF THE SEASON:**

- 1) **Attachment D** (out of school learning experience consent form)
  - 2) **Attachment E** (out of school learning experience medical form)
  - 3) **Fundraising letter** to local businesses
  - 4) **Student-Athlete Contract**
  - 5) **Volunteer form** for the Quesnel Invitational XC Race
  - 6) **Consent for Release of Student Information** form
- 

## **FORMS THAT WILL BE COMPLETED LATER IN THE SEASON PRIOR TO OVERNIGHT TRIPS (ZONE CHAMPIONSHIPS & PROVINCIAL CHAMPIONSHIPS):**

---

\*These two will be completed later in the season:

- 7) **Attachment A** (school trip/program approval form) will be given out in advance of each race.
- 8) **School Absence Permission** forms will be given out in advance of the Zone and Provincial Championships (for those who qualify).

## **FORMS THAT MUST BE READ BY PARENTS AND ATHLETES**

- 9) BC School Sports Code of Conduct Sheets

## **VOLUNTEER DRIVER INFORMATION**

10) Refer to the School District 28 website (see info. above). Follow the steps in the Volunteer Information section to apply for a Criminal Record Check and other steps that must be taken to apply to be a volunteer driver in good status. Please provide this information to Holly [Levy@sd28.bc.ca](mailto:Levy@sd28.bc.ca) at QJS or [StaceyGilbert@sd28.bc.ca](mailto:StaceyGilbert@sd28.bc.ca) at CSS when **ALL** of these steps have been completed.

## **CHEQUES:**

### ***ALL ATHLETES (QJS & CSS):***

- Please make a **\$60.00 cheque** (postdated for November 30, 2024) as a **uniform and equipment (including spike shoes) deposit**
- Please make a separate **\$70.00 cheque** for general season fees (includes races 1-3). Cheques should be written to “Quesnel Junior School” (CSS parents also make cheques to QJS)
- If you have any concerns regarding payment as stipulated above please contact one of the coaches for further discussion.

### **REGULAR SEASON COSTS PER ATHLETE (estimated)**

#### ***Fuel costs:***

A \$25.00 fee must be paid for each athlete that will go towards fuel cost reimbursement for volunteer drivers (including the coaches, if applicable). This amount *may later be increased* depending on the distance travelled to competitions throughout the season.

#### ***Regular season races:***

Sep 21	Quesnel Invitational XC race WFT Park	\$15.00
Sep 28	NVSA Grounds in Vanderhoof	\$15.00
Oct 5	Otway XC ski trails in Prince George	\$15.00
	Fuel costs (see above)	\$25.00
	<b>Regular Season Total:</b>	<b>\$70.00</b>

**(please pay by cheque to Quesnel Junior School by Monday, Sep 16<sup>th</sup>).**

#### ***Zone Championships: (Estimated costs---payment will be collected later in the season for the athletes who intend to compete at this event)***

Oct 19	Fort St. John	<b>\$300.00</b>
	<ul style="list-style-type: none"><li>• This cost includes the zone entry fee, bus costs, hotel accommodation/athlete, TTOC costs, fuel costs for volunteer drivers to transport athletes to Prince George (where we join the bus) and the cost to reimburse Mr. Trueman and Mrs. Christieson for meals at \$20/meal.</li></ul>	

---

### **PROVINCIAL CHAMPIONSHIPS (Vancouver Jericho Beach)**

**\$500.00 approx.**

**Notes:**

- In addition, meal costs of \$20/meal must be added to this cost for Mr. Trueman and Mrs. Christieson.
- The exact cost cannot be finalized until we know the number of athletes who qualify and how costs are dispersed. Costs for Quesnel athletes may differ from those traveling from other communities in our zone.

# North Central Zone High School X-Country

Schedule 2024-25

Final Copy

21-Sept 11:00am **West Fraser Timber Park in Quesnel**  
(Saturday) Scott Trueman at Quesnel Jr. Sec 250-747-2103 – Grades 3-12  
[scotttrueman@sd28.bc.ca](mailto:scotttrueman@sd28.bc.ca)  
Cost \$ 15.00 for each runner .

28-Sept 11:00am **NVSA Grounds in Vanderhoof**  
(Saturday) Contact Brian Nemethy 250-567-5324  
[bnemethy@sd91.bc.ca](mailto:bnemethy@sd91.bc.ca)  
Cost \$ 15.00 for each student

5-Oct 11:00am **Otway In Prince George**  
(Saturday) Contact is Ken Barwise Phone = 250-562-644  
[kbarwise@sd57.bc.ca](mailto:kbarwise@sd57.bc.ca)  
Cost \$ 15.00 for each student

19-Oct 9:30 am **Zone Championship at Fort St John at Charlie Lake**  
(Saturday) Contact Andrew Miller at North Peace Secondary  
[amiller@prn.bc.ca](mailto:amiller@prn.bc.ca)  
Cost TBA per student ..... More details to follow in

October

\*\*\*\* All runners taking part in the Zone Championship race, will have to take part in one local race in order to take part in the Zone Championship race. Race director, Andrew Miller, will confirm this on the application form when coaches sign up for the championship.

2-Nov- 9:00am **BC High School XC Championships at Jericho Beach in Vancouver**  
(Saturday) Eric Wolf 250-782-6611 (h) [ewolf@sd59.bc.ca](mailto:ewolf@sd59.bc.ca)

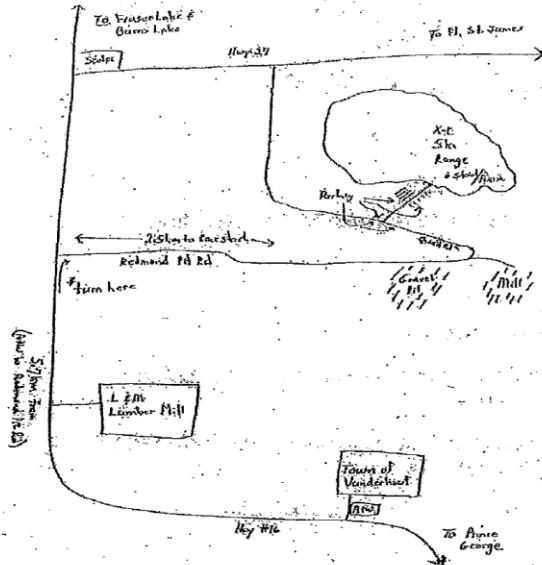
**X-Country Organizing Members are:**

Advisory Committee member (Zone Rep) for our Zone .....250-782-6611 .....Eric Wolf  
Schedule setup for PG area ..... 250-567-5324.....Brian Nemethy  
Schedule setup for Dawson Creek area 250-782-6611 .....Eric Wolf  
Provincial Web site .....<https://www.bcschoolsports.ca/commissions/cross-country>

## RACE LOCATION MAPS & DIRECTIONS

*Nechako Valley Sporting Association*

### VAN DER HOOF (NVSA) Map to X-C Course



#### Directions from Prince George:

Travel west from Prince George on Highway 16. Drive straight through Vanderhoof.

Go past L & M Mill. Turn right at Redmond Pit road. Go to end and turn left onto Quail Rd.

Turn right at NVSA sign and drive to parking lot.

**Otway Ski Trails are located at Caledonia Nordic Ski Trails**  
**8141 Otway Road, Prince George**

**“TEAM”**

XC running is often considered an individual sport; however, there is an important “team” element as well. In fact, our chances of qualifying for the Provincial Championships are greater as a team, and the cost to compete is generally lower if we have a full team for boys and girls at each school. If you know of any other athletes who may wish to ‘consider’ running, please encourage them to give XC a try ☺

**UNIFORMS**

- 1) Athletes should wear shorts, or tights (for cool races), preferably black or grey, to match school singlets.
- 2) Athletes should wear sweatpants, sweaters, rain jackets and even gloves and a toque, if necessary, to stay warm before and after all races.
- 3) \$60.00 deposit. Please make a postdated cheque payable to Quesnel Junior School for November 30, 2024. Cheques will be returned (or destroyed) following return of each washed uniform in good condition.
- 4) Athletes have the option to purchase a team hoody from Hello Promotions.  
Estimated cost: \$35.00 The more athletes who purchase hoodies, the lower the cost. More information will be provided ASAP.

**OJS RIVER HAWKS UNIFORM WASHING INSTRUCTIONS:**

**Coaches will wash the uniforms before zone championships.**

If you choose to wash your own uniform, please follow the specific instructions below as they have care instructions from Sport Factor:

- Machine wash at 30 C/86F
- Dry flat, do **not** tumble dry
- Do **not** use fabric conditioner
- Do **not** bleach, iron or dry clean
- Do **not** wash with velcro

**\*If you do not follow these instructions and your uniform is damaged, you will forfeit your uniform deposit.**

**SPIKES**

XC spikes are unique, lightweight shoes designed to help runners, especially when running on slick, wet ground. On most race courses such shoes are recommended.

We recommend that any athletes planning to compete at the Zone and Provincial Championships try a pair of spikes in at least one race early in the season, as they are a unique fit that most runners are not accustomed to.

Also, bear in mind that using spikes forces runners on their forefeet and can sometimes cause shin pain, especially for developing runners. It is therefore an individual decision whether or not to wear spikes.

We have a collection of school spikes that your child can borrow if you have paid for their uniform & equipment deposit of \$60.00.

If you choose to purchase your child their own spike shoes, be sure to also purchase the longer metal spikes (not track spikes) and matching key (for screwing them in). XC spikes are usually 9mm and the shoes themselves have a slight bit of cushioning in the heel, whereas sprinting spikes do not. XC spikes can also be used for Track & Field provided you swap the long and short spikes to fit the season and style of racing.

### **Where can I buy them?**

- Reason 2 Run (usually you need to pre-order well in advance of the season)  
428 Reid Street, Quesnel, BC V2J 2M6  
(250) 992-2786
- Stride and Glide Sports  
1671 15th Ave, Prince George, BC V2L 3X2  
Hours: 9:30AM–6PM  
Phone: (250) 612-4754
- Runner's Sole in Kamloops  
(274-1395 Hillside Drive)  
Aberdeen Village  
(next to Milestones)  
Kamloops, BC V2E 2R7  
(250) 377-4055 or e-mail: [info@runnerssole.com](mailto:info@runnerssole.com)
- Shop online

### **ILLNESS OR INJURY**

- Any athlete with an illness or injury should inform Mr. Trueman or Mrs. Christieson and seek advice from a medical professional.

### **CONTACT INFORMATION**

- 1) **Scott Trueman (XC coach)**  
E-mail: [ScottTrueman@sd28.bc.ca](mailto:ScottTrueman@sd28.bc.ca)  
Phone: 250 747-2103
- 2) **Ella Christieson (XC assistant coach)**  
E-mail: [EllaChristieson@sd28.bc.ca](mailto:EllaChristieson@sd28.bc.ca)
- 3) **Rae-Lee Tresierra (CSS Athletic Director)**  
Phone: 250 992-7007  
E-mail: [RaeLeeTresierra@sd28.bc.ca](mailto:RaeLeeTresierra@sd28.bc.ca)
- 4) **Eric Wolf (Northcentral Zone XC Coordinator)**  
E-mail: [ewolf@sd59.bc.ca](mailto:ewolf@sd59.bc.ca)
- 5) **Ms. Trish Simpson (Quesnel Junior School Principal)**  
Phone: 250 747-2103  
Cell: 250 255-6057  
E-mail: [TrishSimpson@sd28.bc.ca](mailto:TrishSimpson@sd28.bc.ca)

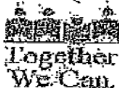


- 6) **Mr. Dean Morrow (Quesnel Junior School Vice-Principal)**  
Phone: 250 747-2103  
Email: [DeanMorrow@sd28.bc.ca](mailto:DeanMorrow@sd28.bc.ca)
- 7) **Ms. Marissa Knauf (Correliou Secondary School Principal)**  
Phone: 250 992-7007  
E-mail: [MarissaKnauf@sd28.bc.ca](mailto:MarissaKnauf@sd28.bc.ca)
- 8) **Mr. Shane Mummery (Correliou Secondary School Vice-Principal)**  
Phone: 250 992-7007  
Email: [ShaneMummery@sd28.bc.ca](mailto:ShaneMummery@sd28.bc.ca)
- 9) **School District No. 28 bus garage**  
Phone: 250 992-8361

# ATTACHMENTS

SCHOOL DISTRICT NO. 28 (QUESNEL)

**Policy No. 445 - OUT-OF-SCHOOL LEARNING EXPERIENCES**



**ATTACHMENT "D"**

**OUT-OF-SCHOOL LEARNING EXPERIENCE SCHOOL CONSENT FORM**

**ATTENTION ALL PARENTS:**

*Quesnel Junior School &*

The students of *Correliou Secondary* School will be participating in a variety of out-of-school learning experiences over the school year; such as, a trip to a park, hiking, walking, using climbing apparatus, sports trips, eating lunch, etc.)

The school would appreciate your cooperation in your signing a master permission slip at the beginning of each school year.

Notices will continue to be sent home for each activity. Should there be any reason why your child should **NOT** participate, you can inform the school with a signed note or a telephone call to the school. Your cooperation in this process will be appreciated.

Please sign the attached form and send it back to the school as soon as possible.

**Accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child.**

**The school district does not provide any accidental death, disability, dismemberment or medical expenses insurance on behalf of students.**

**OUT-OF-SCHOOL LEARNING EXPERIENCE CONSENT**

For \_\_\_\_\_

Out-of-school learning experience and inter-school events outside of the school are important to a child's education. If you would like your child to participate, please sign below. Notices are sent home and permission can be withdrawn at any time.

I understand that my child may be exposed to certain risks while participating in this activity. Accidents and injuries may occur.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed name of Parent/Guardian

\_\_\_\_\_  
Address of Parent/Guardian

Adopted: December 2003  
Amended: February 2005



SCHOOL DISTRICT NO. 28 (QUESNEL)

**Policy No. 445 - OUT-OF-SCHOOL LEARNING EXPERIENCES**



**ATTACHMENT "E"**

**OUT-OF-SCHOOL LEARNING EXPERIENCE MEDICAL FORM**

To be completed by Parent or Guardian

Out-of-school learning experiences to: XC running practices & races Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_

MEDICAL INFORMATION

Name Of Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Plan No.: \_\_\_\_\_ Dependant No.: \_\_\_\_\_

Date of most recent immunization against tetanus, if known: \_\_\_\_\_

Known sensitization (allergies) if any: \_\_\_\_\_

Chronic disability or illness (past or present): \_\_\_\_\_

Does the student have any health issues we should be aware of? \_\_\_\_\_

Please describe: \_\_\_\_\_

DIETARY RESTRICTIONS:

Describe: \_\_\_\_\_

MEDICATIONS:

I would like my child to be given the following medications:

Name of medicine: \_\_\_\_\_ What is it to be used for: \_\_\_\_\_

How is it to be given: \_\_\_\_\_

Quantity to be given: \_\_\_\_\_ Times to be given: \_\_\_\_\_

Medicine should be clearly labeled with the child's name, name of medication, what it is to be used for, quantify to be given and time to be given. In case of emergency, I hereby give permission to the physician named above, or, in his or her absence, to any other physician, to provide treatment for my child.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Parent's/Guardian's Home Phone \_\_\_\_\_ Business Phone (if applicable) \_\_\_\_\_

Emergency number and/or contacts: \_\_\_\_\_

Adopted: December 2003  
Amended: February 2005



**QJS & CSS**  
**2024 XC team fundraising**

Sep 9, 2024

Dear local business,

I am an athlete on the Quesnel Junior School-Correlieu Secondary School XC running team (we train as one team) seeking your financial sponsorship for our upcoming season.

Each year, our team competes in a very busy season of regional races. This year we will be traveling much further than normal as our Zone XC Championships will be in Fort St. John in October and the Provincial XC Championships are being held in Vancouver in November. Despite what many might think there are a variety of costs associated with participation in our school sport. Transportation, accommodation, uniforms, entry fees, and equipment expenses all add up to an expensive season of at least \$500/athlete, even after donations are received from our local PAC.

I am asking if your business would be willing to donate to our team. We will do our best to show our gratitude by acknowledging your contribution whenever, and wherever, possible, including at the Quesnel Invitational XC race being held in Quesnel, and on our school website.

Please make cheques payable to *Quesnel Junior School XC team* (donations will be equally shared with the CSS team). Receipts will be issued from the QJS office. If you have any questions you are welcome to contact one of our coaches:

Mr.Scott Trueman    [ScottTrueman@sd28.bc.ca](mailto:ScottTrueman@sd28.bc.ca)/ Phone: 250 983-5161

Mrs.Ella Christieson    [EllaChristieson@sd28.bc.ca](mailto:EllaChristieson@sd28.bc.ca) /Phone: 250 983-8377

**Name of business:** \_\_\_\_\_

**Name of manager:** \_\_\_\_\_

**Contact information** \_\_\_\_\_

➤ **Phone:** \_\_\_\_\_

➤ **E-mail:** \_\_\_\_\_

**Amount of donation:**    \$ \_\_\_\_\_

Sincerely,

*Scott Trueman*

*Ella Christieson*

\_\_\_\_\_  
Scott Trueman  
QJS & CSS XC Coach

\_\_\_\_\_  
Ella Christieson  
QJS & CSS XC Assistant Coach





**QJS AND CSS XC RUNNING**  
**STUDENT-ATHLETE CONTRACT**

**SCHOOL (please circle)**

Quesnel Junior School

Correliou Secondary School

**ATHLETE CONTRACT**

I, \_\_\_\_\_ recognize that there are high expectations for my conduct as a student, and as an athlete, at my school. I promise to demonstrate good sportsmanship and agree to follow all school rules & policies throughout the season, including at practices, races, and while on field trips. I understand that, if at any time, I do not live up to the terms of this contract my participation may be restricted or terminated and there will be consequences for my actions. I also understand my parent/guardian(s) will be held responsible for payment of any damaged property resulting from my actions.

Student Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_, 2024



# **QUESNEL INVITATIONAL XC RACE**

## **RACE VOLUNTEER FORM**

The Quesnel Invitational XC race will be held on Saturday, September 21st at West Fraser Timber Park.

Hosting this race is a big commitment, and I am looking for ~60 volunteers to help with a variety of jobs. If you are able to help, please write your name, contact information, and preferred job (indicate with a check mark).

<b>Name</b>	
<b>Phone (home)</b>	
<b>Phone (cell)</b>	
<b>E-mail</b>	
<b>Pre-race trail preparation &amp; flagging (Friday, Sep 20th afternoon/evening)</b>	
<b>Pre-race sweeper (arrives before 8 a.m. and ensures the race trail is safe to use)</b>	
<b>Pop-up tent set up &amp; take down (to be used by First Aid volunteers). (4 persons, after which they can be 'general' volunteers)</b>	
<b>Fee collection (2 persons)</b>	
<b>Registration (2 persons)</b>	
<b>Trail marking check. These persons must arrive no later than 8:30 a.m. (3 persons)</b>	
<b>Start/Finish line set up (2)</b>	
<b>Race Marshalls (10)</b>	
<b>Timers (6)</b>	
<b>Results (3)</b>	
<b>Clean up (3)</b>	
<b>Food &amp; beverages. (6 persons)</b>	
<b>Designated Emergency Driver (1)</b>	
<b>Awards (3)</b>	
<b>Typing results (1)</b>	
<b>Photographer (1)</b>	
<b>First Aid (2)</b>	
<b>Phoning for volunteers (1)</b>	





QUESNEL SCHOOL DISTRICT  
ATTACHMENT 'A' – POLICY 810 –VOLUNTEER DRIVER APPLICATION

**VOLUNTEER DRIVER APPLICATION FORM**

SCHOOL: \_\_\_\_\_

DRIVER'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

**VOLUNTEER DRIVER'S VEHICLES:**

<u>Vehicle Information</u>	<u>Vehicle 1</u>	<u>Vehicle 2</u>
▪ Make / Style	_____	_____
▪ Colour	_____	_____
▪ Year / Licence	_____	_____
▪ Passenger Capacity (Students)	_____	_____

**VOLUNTEER DRIVERS – PLEASE READ:**

In agreeing to transport students, I am aware of the School District regulations below:

1. Cars volunteered for student transportation must be insured with minimum third party liability insurance of \$1 million dollars and must be properly equipped with seat belts. Each student must have a seat belt properly secured when traveling.
2. The insurance carried on this vehicle is correct for the usual/regular use of the vehicle (i.e. pleasure only; to and from work; business; etc.)
3. The School District has excess third party liability coverage for volunteer drivers, so drivers do not need special insurance coverage to transport students.
4. The School District does not accept responsibility for any damage to the vehicle in the event of an accident.
5. The volunteer driver should ensure that, to the best of his/her knowledge, the motor vehicle used for student transportation is in good mechanical condition and will only be driven by the volunteer driver.
6. Volunteer drivers must be at least 21 years of age and in good health. The driver should be accident free for at least three (3) years. They cannot be secondary school students. **Drivers must provide a copy of their current driver's abstract to the School Principal with this completed form.**  
*\*Driver's abstracts are available free of charge at the Provincial Government Buildings located at 350 Barlow Avenue.*

The vehicle must be equipped with tires and/or chains for winter conditions.

7. For safety and health reasons, volunteer drivers are asked not to allow smoking in their vehicles while transporting students.
8. The driver agrees not to imbibe any alcoholic beverages or use any restricted substances while driving which might impair his/her judgment and invalidate insurance.

Adopted: May 1989  
Amended: September 2008, February 2017  
Reviewed: November 2013

- Additional Information required for volunteering:**
- \_\_\_ Driver's Abstract-<https://onlinebusiness.icbc.com/clio/>
  - \_\_\_ Copy of Vehicle Insurance
  - \_\_\_ Criminal Record Check





Quesnel School District

Consent for Release of Student Information

Preamble

The Quesnel School District is bound by the Freedom of Information and Privacy Act, S.B.C. 1992, and is responsible for providing access, security, management, maintenance, preservation and disposal of records in its possession.

School Board Policy No. 140 (Procedures) requires that the District secure informed consent, whenever practical, from an individual or parent/guardian prior to releasing personal information about the individual except as authorized or required by law.

School: \_\_\_\_\_

Student: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

I, \_\_\_\_\_ give my consent to the Quesnel School District for the following as it relates to my child named above:

- 1. My child's name and/or photograph may be used in school/district publications. Yes [ ] No [ ]
2. My child may be included in any media coverage of school/district events not generally accessible to the public. Yes [ ] No [ ]
3. Disclosure of my child's name, grade and parent/guardian telephone number to school committees (e.g. Parent Advisory Council, Graduation Parent Committee) for the sole purpose of school/district related activities. Yes [ ] No [ ]
4. Disclosure of my name, telephone number(s), mailing address and child's name, grade and relevant medical information to the Public Health Unit in order to facilitate health services to students. Yes [ ] No [ ]
5. Other \_\_\_\_\_

Identify records, report, file etc.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The parent/guardian may rescind or amend this consent, in writing, at any time except where action has been taken in reliance of the consent. Consent forms may be destroyed after the student has permanently left the school. If you have questions about this form or your child's privacy, please contact the principal of your child's school.







## ATHLETE CODE OF CONDUCT

BC School Sports, school districts and your school consider it to be a privilege to represent your school in an athletic competition. Therefore, certain behavioural expectations come with this selection. Student-athletes are expected to uphold the following standards:

- Treat all participants fairly regardless of gender, race, sexual orientation, religion, physical or mental abilities, political belief or economic status.
- Embrace the highest ideals of sportsmanship, ethical conduct and fair play. Be modest in victory and gracious in defeat.
- Show respect and give courtesy to opponents, officials, volunteers, teammates, spectators and coaches at all times.
- Uphold the rules of the sport, spirit of such rules and encourage other athletes to do the same.
- Represent yourself, your parents, your school and your community with proper conduct at all times on or off the playing field.
- Respect other athletes' dignity and acknowledge that verbal or physical behaviour that constitutes harassment or abuse is unacceptable.
- Participate in a manner that ensures the safety of fans, athletes, coaches and officials.
- Accept decisions of officials without dispute.
- Shall not use the media, social media or networking forums to criticize or threaten other student-athletes, coaches, officials, school teams, spectators or BCSS.
- Demonstrate that it is a privilege to represent your school.



## **SPECTATORS CODE OF CONDUCT**

BC School Sports is committed to ensuring that all student-athletes, coaches and other individuals involved in BCSS activities have the opportunity to participate in a safe and enjoyable environment. Attendance at any BCSS event entitles you to enjoy an exhibition of skills developed by athletes in an educational setting. Spectators are expected to conduct themselves in a manner which supports the values of BC School Sports, and encourages the development of all student-athletes. Spectators are expected to uphold the following standards:

- Show respect to all individuals including, student-athletes, coaches, officials, volunteers and fellow spectators.
- Shall not use foul, profane, harassing or offensive language or gestures while in attendance at any BCSS event.
- Abstain from consuming any unlicensed alcohol or illegal substances during any BCSS events.
- Remain in designated spectators zones at event locations.
- Shall not use the media, social media or networking forums to criticize or threaten student-athletes, coaches, officials, school teams, other spectators or BCSS.