

## Disciplinary and Emergency Procedures

Crested Butte Nordic Team

2020/2021 Season

### Emergency Procedure

**In an emergency call 911. Do not evacuate an athlete or volunteer on your own.** SAR will not charge us for an evacuation on our trails. Once evacuated to a trailhead we can then drive the injured athlete to their parents if it's not an emergency.

1. If life threatening call 911 immediately. Keep other athletes calm and away from the scene.
2. If not life threatening evaluate the situation. Keep other athletes calm and away from the scene and with another group and coach if possible.
3. Always check your roster sheet to see if there are any previous medical conditions.
4. If there is a minor injury that you are knowledgeable of and certified in you may perform medical procedures however you are not covered for malpractice. These minor injuries may include: scrapes, cuts, etc...
5. BE extra aware of personal protective equipment in treating or helping any athlete, especially when social distancing guidelines cannot be met
6. Always communicate with Nordic Center
7. File incident report

Brittany/CBNordic (970) 349-1707x3

Molly (207) 504-6406

### Disciplinary Procedure

**Action will be taken if an athlete interrupts practice, makes another child or coach feel uncomfortable, takes away from someone's practice and/or disobeys a coach or volunteer.**

1. Coach identifies the discrepancy/discrepancies of the athlete
2. The athlete and coach talk privately to clearly and rationally discuss the discrepancies, be sure to use the words "your behavior/action" not you are bad etc..
3. The coach and athlete work together to jointly come up with a constructive solution
4. A follow-up meeting between athlete and coach to make sure the constructive solution has been a success for both parties

**First** breach of rules is a verbal warning and the above process should be used. **Second** breach of rules results in the athlete sitting out of practice for the next activity, that may mean going inside or skiing a few loops by themselves or with a chaperone, and we inform the parent. **If this behavior continues** then we ask them to take a day or two off of practice and provide an apology to the group if appropriate. A conversation and solutions talk with the parents will be held.