



RAINCITY ATHLETE TRAVEL POLICY

When athletes are traveling to away events, coaches are responsible for the athletes. There will be circumstances when parents maybe the supervisor in charge, but the coaches are responsible for athletes.

Athletes are to abide by the following rules:

- Athletes will share rooms – rooms of 4 (or less is applicable or if an athlete wants their own bed then they will be charged for half the room costs). Rooms are assigned by coaches and athletes are NOT allowed to switch with each other – please talk to the coach if a change is needed.
- Athletes are NOT allowed to leave the playing venue or hotel grounds unless supervised or with permission from their coach. The team will stay together at tournaments unless the coach specifies otherwise.
- Safety comes first for all participants; nobody goes alone to any destination = RULE OF TWO!
- Parent supervisors / chaperones are there to support the team (coaches and athletes) and will abide to all rules set by the coach and the club.
- Curfews are set by the coaches and are to be strictly enforced and abided by.
- Athletes are representing themselves, team and Raincity Volleyball Club and behaviour is of upmost importance when at hotels and venues. Basic rules are in effect: no screaming, shouting, running in halls, littering, making a mess in rooms, restaurants . . .
- Athletes should leave benches at games, rooms, common areas cleaner than when they arrived. If the coaches are having to clean up after athletes, they will not be happy.
- In hotels there is absolutely NO boys in girls' rooms or NO girls in boys' rooms! And athletes should not be going into other teams' rooms. There are common areas in hotels that athletes from other teams can meet and socialize.
- Meals will be together as a team when at tournaments and hotels. Parents can accompany the team, but athletes are expected to be with the team.
- Athletes need to bring money for food. There often are food tables or team meals but athletes should have money if needed for buying food individually. Athletes should be thinking about foods that will enhance performance (no junk food, fast food). Bringing energy bars and fluids for hydration is very important.
- Athletes must bring a water bottle to all events that is easily distinguishable (no sharing water bottles).
- Use of any illegal or controlled substances (alcohol, drugs, vapes, ...) will NOT be tolerated in any form and any athlete found in possession or using these substances will be dismissed from the team.

If athletes fail to adhere by the above rules, disciplinary action may be taken. These actions may include athletes sitting a game, or games, suspension from the team for a period of time or in extreme cases removal from the team.

BE A MODEL OF RESPECT, HAVING VALUES AND MORALS THAT YOU ARE PROUD TO REPRESENT AND OTHERS LOOK TO. ATHLETES ARE REPRESENTING RAINCITY VOLLEYBALL CLUB, COACHES AND TEAMMATES AND HAVING POSITIVE RELATIONSHIPS WITH THE OPPOSITION AND OFFICIALS IS EXPECTED.