



Parent-Athlete Handbook 2017-18

Welcome to Bogus Basin Ski Education Foundation (BBSEF). We look forward sharing the joy of skiing, snowboarding and competing with your athletes. This handbook provides an overview of our philosophy; team rules and policies; volunteer requirements; and alpine and freeski competition. Additional information is available under the Resource Tab at BBSEF.org.

Bogus Basin Ski Education Foundation (BBSEF)

BBSEF (formerly Bogus Basin Ski Racing Alliance) was founded in 1967 to provide training and competition programs for aspiring young ski racers. Today BBSEF has grown to include freeski, snowboard and mountain bike programs. BBSEF provides programs for ages 6-19 who want to compete in alpine ski racing, freeskiing and snowboarding and an alpine masters program for adults.

Our focus is the development of the athlete as a whole. We believe the overall impact of sports goes well beyond the athletic results, instilling: sportsmanship, accountability, building character and confidence. Sports bring opportunities to make new friends, dream, and work toward the future. It's no surprise that the Athletes of BBSEF have gone on to become collegiate scholars, Olympians, and leaders in their communities.

Our Mission

To provide competitive Alpine, Freeski and Snowboard programs for the youth of the Treasure Valley; encourage our athletes to achieve their academic and athletic goals while learning sportsmanship, building self-esteem, developing a strong work ethic and creating a lifelong love of an active lifestyle.

Core Values

Citizenship * Sportsmanship * Fitness * Community * Teamwork * Ethics

Philosophy

Building healthy communities through competition

Vision

To be the Treasure Valley's premier winter sports program

Bogus Basin Ski Education Foundation (BBSEF) is a 501 (c) 3 non-profit foundation.

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BBSEF TEAM RULES

Know the Code!

Common sense and personal awareness reduce elements of risk in skiing and snowboarding. The National Ski Area Association developed *Your Responsibility Code* to help you reduce risk in snowsports.

Be Aware! Ski and Snowboard With Care!

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.

Bogus Basin, BBSEF, and You

The Bogus Basin Mountain Recreation Area sponsors and supports BBSEF. They provide the space for BBSEF to ski, snowboard, train and compete. Please abide by Bogus Basin guidelines. BBSEF fully supports these policies and is committed upholding them.

- ❖ Boots on/Pass on. Carry your season pass with you at all times when training and competing.
- ❖ Have your pass ready to show to the lift attendant.
- ❖ Say, "Thank you" when you get on the lift.
- ❖ The general public always comes first.
- ❖ Cutting lift lines is not allowed.
- ❖ Be cordial and respectful of all area employees and Bogus Basin guests.
- ❖ Observe all ski area signs.
- ❖ No tucking on any slopes, unless designated by the coach.
- ❖ Use a "spotter" when jumping. Do not jump blindly.
- ❖ No foul language.
- ❖ In case of an emergency or accident, contact ski patrol, or go to the lift attendant at the bottom or top of any lift.
- ❖ Do as much to positively promote the Bogus Basin Mountain Recreation Area as you can.

BBSEF members are highly visible. You represent BBSEF. Through your positive actions, the ski area and all skiers and boarders will be proud to support ski racing, freeskiing, snowboarding and you.

Coaches may not provide independent paid coaching to BBSEF athletes during the season. During the off-season, coaches are not to represent themselves as BBSEF coaches nor use

BBSEF equipment, resources or media for independent coaching. BBSEF assumes no responsibility nor liability for off-season coaching of any kind.

Competitor Responsibilities

Every participating member of BBSEF agrees to:

- ❖ Represent themselves, the sport of Alpine, Freeski, Snowboard, and BBSEF with the highest level of integrity. This reflects the professional attitude that our program and all enrolled athletes work to achieve.
- ❖ Conduct him or herself in a respectful manner at all times. This includes but is not limited to all team activities; training on and off the hill; at home and away races; camps, and any other related activities.
- ❖ Maintain a high level of personal responsibility.
- ❖ Be courteous to and respect the decisions of the coaching staff, race officials, and all ski area employees and personnel.
- ❖ Follow and uphold the rules and code of conduct set forth by BBSEF, the ski area, USSA and the USSA Intermountain Division.
- ❖ Understand that participation with BBSEF is a privilege and can be revoked. Each athlete will know and respect all rules, and will understand that violations of rules and policies will result in disciplinary action imposed by the BBSEF Program Director and the coach.
- ❖ Treat all BBSEF athletes as teammates.
- ❖ Exhibit good sportsmanship. Understand that unsportsmanlike behavior will not be tolerated.
- ❖ Undergo mandatory drug testing for athletes 13 and older traveling with the team. Refer to Drug Testing Policy.

Code of Conduct

Athletes will:

- ❖ Not use alcohol or illegal drugs while participating with the team.
- ❖ Abstain from the use of any tobacco products.
- ❖ Not use profane or abusive language.
- ❖ Uphold standards of honesty and integrity. No unauthorized use, handling or removal of others' equipment. No intentionally misleading or deceitful conduct.
- ❖ Show self-control and consideration for others.
- ❖ Respect other peoples' belongings. Tampering with the personal belongings of others will not be tolerated.
- ❖ Have the inherent right to learn.

Daily Training Rules

As a BBSEF Team athlete you agree to:

- ❖ Be on time for designated training sessions and team activities.
- ❖ Notify your coach if unable to attend practice or any scheduled team activity.
- ❖ Dress in a responsible manner for the day's weather.
- ❖ Always carry your season pass.

- ❖ Maintain personal ski equipment on a regular basis to ensure personal safety and optimum performance.
- ❖ Observe Training Center rules.
- ❖ Observe ski area rules.
- ❖ Inspect all training and courses unless otherwise instructed.
- ❖ Wear goggles while training. Sunglasses are not allowed.
- ❖ Assist with set-up and tear down of training and courses unless otherwise instructed.
- ❖ Return equipment where it belongs. If something is broken, please notify your coach so that it can be repaired.
- ❖ Do your part to keep the pole bin and storage shed in order.
- ❖ Never yell at a public skier/boarder who might cut in front of you or happen to enter a team training course.
- ❖ Be prepared for contingencies and changes of schedule.
- ❖ Bring your best attitude and behavior.

Transportation

BBSEF abides by US Ski and Snowboard *SafeSport Guidelines* and prohibits coaches who are not also acting as a parent or family member from providing transportation for athletes in their personal vehicles. Please be aware that ***coaches transporting athletes in their personal vehicles are subject to immediate termination.***

Guidelines for BBSEF Rule Violations

Consider the following a Minor Offense:

- Misbehavior
- Breaking curfew at an away race
- Lying
- Violation of ski area rules
- Violation of Training Center rules or daily training rules

Punishment for a Minor Offense:

1st Offense - One-week suspension from all team activities

2nd Offense- Three-week suspension

3rd Offense - Indefinite suspension

Consider the following a MAJOR OFFENSE:

- Breaking the law while participating with BBSEF
- Use of illegal drugs
- Use of alcohol
- Use of tobacco
- Persistent lack of respect for fellow team members and competitors, especially younger members of the team.

- Backstabbing, critical comments, bullying and abusive language toward others that can interfere with another athlete's right to learn and/or lead to diminished participation in the program.

Punishment for a Major Offense:

1st Offense - Two-week suspension from all team activities

2nd Offense- Indefinite suspension from team and team privileges, return of loaner equipment.

Any rule infractions endangering yourself or others may result in a 1 year suspension.

Appeals

All punishments imposed by the rules and policies of the Bogus Basin Ski Education Foundation are subject to appeal by the athlete. A BBSEF Board of Directors approved Appeals Committee will review, evaluate and recommend action to be taken by the Board based on a case presentation by the athlete through a formal hearing.

BBSEF POLICIES

Concussion Policy

USSA encourages all clubs and competitors to develop a plan for management of traumatic brain injury. BBSEF encourages all licensed competitors with USSA, USASA, IFSA and any other organization who competes in sanctioned events and is at least 10 years of age to take an [ImPACT test](#) thru the St Luke’s Medical Center and Dr. Nielsen’s office. This is a simple test that establishes your normal brain activity. It can be used to determine a traumatic brain injury (Concussion), and make a determination as to recovery and release to continue physical activity. Cost of this test is \$15, and appointments can be scheduled thru St. Luke’s at 208-381-9000. This test is good for two years.

What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion.

Symptoms reported by athlete:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion

- Double or blurry vision
- Sensitivity to noise or light
- Just not “feeling right” or is “feeling down”

Signs observed by parents/guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Danger signs

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if she/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

How can you help your child prevent a concussion?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
- However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

Baseline Testing (Suggested):

Athletes (10 years of age and older) participating in alpine ski racing should receive a baseline cognitive ImpACT test. It is recommended athletes also establish baselines using tests such as the Balance Error Scoring System (BESS), the Standardized Assessment of Concussions (SAC), or other standardized assessment tests at least once during their career. Baseline tests shall be utilized by a qualified health-care professional trained in the evaluation and management of concussion and who has received training in interpreting the test results to aid in the evaluation and treatment of all injured athletes exhibiting cognitive deficits.

What to Do If You Think Your Child Has a Concussion

- **Removal from activity** - If at any time it is suspected an athlete has sustained a concussion, the youth athlete shall be immediately removed from activity and not be allowed to return the same day. Once removed an athlete shall not be allowed to return until authorized by a qualified health-care professional.
- **Communication** - Contact the athlete's parent/guardian as soon as possible to inform them of the potential injury and give them the factsheet on concussion provided online by the Centers for Disease Control and Prevention. Communicate the injury to the alpine director in a timely fashion.
- **Monitor** - Continue monitoring the athlete for other signs and symptoms, as well as for symptom severity, until parent/guardian or health-care professional arrives.
- **Ensure a Medical Evaluation** - If not an emergency, ensure the injured athlete is evaluated by a proper medical professional. DO NOT try to judge the seriousness of the injury yourself. Coaches should seek assistance from the ski patrol or other appropriate medical personnel. If a medical provider is not available, ensure that the parents or guardians of the athlete follow-up with an appropriate medical provider.
- **Role in Return to activity** - Ensure the athlete has been cleared by a health-care professional before returning to any physical activity.

Additional Resources and Educational Material:

St. Lukes Concussion Education -

<https://www.stlukesonline.org/~media/stlukes/documents/idahoconcussionmanagementplan%20pdf.pdf?la=en>

1. CDC Concussion Resources - <http://www.cdc.gov/HeadsUp/index.html>
[For more information, please visit the CDC's "Heads Up" website.](#)

Personal Property Policy

BBSEF is not responsible for lost, stolen or damaged items left in the training center, vans or packed on top of the vans. We will make every effort to ensure your child's belongings are safe.

Refund Policy

Refunds will be granted for illness or injury that prevents a competitor from training for the remainder of the season, or a significant portion thereof. A doctor's statement is required for a refund to be granted. Refunds are also granted for moving from the region, thus preventing participation in the program.

Refund Rates

Prior to December 15	Dec. 16 – Jan. 15
Home Teams: 75%	Home Teams: 50%
Travel Teams: 50%	Travel Teams: 25%

No Refunds after January 16th

NOTE: New racers will receive a full refund of coaching fees if their skiing ability limits their participation in the program. Coaches will decide if a child is not eligible on the first day of practice. Licensing fees are not refundable.

FUNDRAISING AND VOLUNTEER REQUIREMENTS

Fundraisers

The registration fees you pay cover only a portion of the actual cost of running our programs. BBSEF subsidizes the remaining costs through fundraising. The active participation of every BBSEF family in our fundraising efforts enables us to keep our registration fees lower than other ski programs.

Welcome Winter

This fall fundraiser is a dinner with a silent and live auction. The Welcome Winter requires help from our membership in soliciting auction items and staffing the event.

Ski Swap

This is our most important fundraiser. It takes place in early November and cannot happen without you. So, mark the dates on your calendar and check the website for volunteer sign ups.

Annual Rose Sale

This spring fundraiser takes place in mid-March. It is a terrific fundraiser that provides a unique and fun way to help us fund our programs.

Volunteer Requirements

Parents and volunteers make it happen! Your help with competitions and fundraising is essential to the overall success of BBSEF and contributes directly to our ability to offer lower registration fees. We ask each family to fulfill the volunteer requirements stated below.

Mitey Mites/Alpine Devo Freeski Devo Snowboard Devo	North Series Team Freeski Prep Snowboard Prep	Travel Teams Alpine Competition Team Freeski/Snowboard Comp
1 Welcome Winter Auction Item	1 Welcome Winter Auction Item	1 Welcome Winter Auction Item
4 Ski Swap Shifts*	8 Ski Swap Shifts*	16 Ski Swap Shifts*
2 Race Days**	2 Race/Competition Days**	2 Race/Competition Days**
10 doz. Roses	10 doz. Roses	10 doz. Roses

*Note- Ski Swap Shifts are 3-4 hours each.

**Race/competition day volunteer options exist on the snow and off.

Volunteer Opt-Out Fee

While we try to keep our volunteer requirements to a minimum, families may elect to pay a Volunteer Opt-Out Fee. This fee helps insure that we have adequate volunteers while providing an option to families for whom volunteering is not feasible.

The following values have been assigned relative to your athlete's BBSSEF program. This Volunteer Opt-Out Fee will only be charged in the event that you choose not to fulfill your volunteer requirements.

Mitey Mites/Alpine Devo Freeski Devo Snowboard Devo	North Series Team Freeski Prep Snowboard Prep	Travel Teams Alpine Competition Team Freeski/Snowboard Comp
\$200	\$400	\$600

Volunteer opportunities will be announced on <http://bbsef.org> and will be available for sign up using the Volunteer Sign Up Button. Thank you for volunteering your valuable time to make our program a successful and affordable youth sports program.

COMPETITION

The United States Ski and Snowboard Association (**USSA**) is the Governing Body of Alpine Ski Racing, Freeskiing and Snowboarding. BBSEF uses USSA Alpine and Freeski Programs and Education System as a guide for all training programs.

Home Teams

Mitey Mite, Alpine Devo, Freeski Devo & Snowboard Devo	No license required
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Coaches Cup Series

BBSEF Home Team program members participate in the Coaches Cup series. This series includes a one day Giant Slalom or Slopestyle, a one day Slalom or Slopestyle and our Coaches Cup Finale. The Coaches Cup Finale is four events over two days. The four events are Slalom, Giant slalom, jumping and either a slopestyle or skiercross event. Awards will be given to 1st-5th, place in the Coaches Cup races with participant ribbons for all competitors. We also have an end-of-season Coaches Cup Overall award based on results at each of the Coaches Cup competitions.

Travel Teams

Alpine Travel Team

USSA comprises three regions (Western, Eastern and Rocky Central) which are further broken down into smaller divisions. BBSEF competes within the Western Region in the Intermountain Division.

1. **Intermountain Division (IMD)**: BBSEF is a part of the Intermountain Division which consists of clubs in the states of Idaho, Utah and Wyoming.
2. **Western Region (WR)**: Intermountain is one of five divisions that make up the Western Region. These include Pacific Northwest Ski Association (PNSA), Far West (California), Northern Division (Montana) and Alaska.
3. **FIS**: FIS is the International Federation of Skiing. FIS represents the international ranking system versus USSA's national ranking system. FIS races are open to international competitors. U18 athletes must have a FIS license in order to compete in a FIS Race. Athletes will be advised when they are eligible and when they need to purchase the license.

[USSA membership](#) is required for athletes who want to compete or participate in events sanctioned by U.S. Ski and Snowboard.

Alpine Athletes: North Series and Up plus 13 year olds planning to race in IMD open races.	License Requirement: USSA membership
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North/South Series: The Intermountain Division is divided into two geographical components – North and South. Bogus Basin is part of the North region, which includes Sun Valley; McCall; Jackson, WY; Kelly Canyon; and Pebble Creek. North Series Team members participate in this series with a goal of qualifying for the Intermountain Championships. North Series Team members that are not invited to the IMD Champs are eligible for IMD Finals. North Series Team members may not participate in BBSEF Coaches Cup events.

Intermountain Championships: The races in these series are non-scored and are seeded using the TRS (totally random sort) method. The North and South races are open to U8-U12 racers and U14, U16/18 racers with greater than 200 USSA points.

Start Orders for all North and South races use TRS seeding by class for both runs. U8's will race in the U10 class at North and South Series races. TRS seeding involves a random draw within class for the first run. For the second run, the first run start order is reversed within each class. First run DNFs and DSQs participate in the second run in their normal start position. One set of trophies is required for the U14 and older class, the U12 class, and the U10 class. A set of 5 awards is required per gender per age class. Northern Division will be invited to send teams to each of the events.

The U14 Qualifying Race Series: The races in this series are non-scored and are seeded using the TRS (totally random sort) method. World Cup points, awarded to the top 50 Intermountain U14 finishers in each race, are used in the selection of the Tri-Divisional U14 Championships Team.

Open Series Races (2nd Year U14's and older) The races in this series are open to all 2nd year U14's and older competitors in the North and the South with the exception of the Jackson Open Super-G which will have a U16 (scored) and a U14 (non-scored) race. 2nd year U14's must decide prior to the event whether they will compete in the U16 or U14 race. These races are

nationally scored and will be seeded off the USSA points list valid for this race. This race is not used for selections and may have a point cut-off in order to manage the field size. Participants in the "Open" race must have a USSA Alpine Competitor license. The "Open" race is open to all properly licensed 2nd year U14's and older class competitors (U14's may compete in the Jackson Open Super-G's).

U16 Qualifying Race Series The races in this series are nationally scored and are seeded on the basis of the USSA Points List valid for the race. World Cup points, awarded to the top 30 Intermountain U16 finishers in each race, are used in the selection of the IMD U16 Championships Team.

What are USSA points?

Once you have a competitive USSA license (U-16 and older plus the 13 year olds that are planning to race in IMD open races), you will have access to the Points List. This list is broken down by discipline (Slalom, GS, Super G and DH). Your points will be tabulated by USSA. Your standing on the points list will both qualify you for certain competitions, including Western Region U16 Championships and events beyond the U16 level, and determine your starting order in each event.

The points system is based on an ascending scale where the best racer in the world in each discipline is established at 0 points and an athlete racing in a scored event for the first time has 990 points. Points are awarded based on the athlete's race results and the level of the competitors in a particular race.

Refer to the [USSA Alpine Comp Guide](#) for details regarding how to calculate race points, penalty, and further information on point profiles.

The Intermountain Cup U19/U21 Qualifying Series IMC races will consist of USSA scored races. IMC races in this series are nationally scored and are seeded on the basis of the USSA Points List valid for the race. All competitors in the IMC races should have a valid USSA license. World Cup points, awarded to the top 30 finishers in each race are used to determine individual discipline and overall champions for the entire season as well as selection to the Western Region Junior Championship Team. The IMC DH title will be selected from the WR Elite Speed Series and will not count towards the overall IMC standings

Western Junior Champs: A U-19/U-21 Western Region Championship event in all disciplines. Qualification is based on an Intermountain Division race series.

Freeski/Snowboard Travel Team

Freeski/Snowboard travel is the premier Freeski and Snowboard team in the Treasure Valley, delivering strong coaching and long-term Participation in Freeski/Snowboard travel will help athletes attain their short and long-term skiing and snowboarding goals while promoting strong decision-making skills, all-mountain etiquette, a strong work ethic, creativity, confidence and good sportsmanship. BBSEF provides the opportunity for experienced skiers and snowboarders to focus on an all mountain and terrain park experiences. **Freeski/snowboard travel may not participate in BBSEF Coaches Cup events.**

Declaring a focus on Freeski/snowboard travel will allow BBSEF and our coaches to tailor an appropriate training program for your athlete. Please remember that declaring a focus does not lock the athlete into a specific regiment, or competition schedule. For the athletes choosing to compete, there are non-exclusive competitive paths they can follow.

Freeski/Snowboard Travel Team Athletes	License requirement: USASA and IFSA (Coach may recommend additional licenses.)
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USASA Events: Athletes will need to be registered with USASA and select a “region.” Historically, our team has elected to be part of the Idaho Mountain Freeski Series as most of our competitions are part of that series. For USSA events, athletes will need to be registered with both USSA and possibly FIS.

IFSA Events: International Freeskiers & Snowboarders Association focuses on Big Mountain contests within the intermountain division. These freeski competitions involve negotiating steep natural terrain fluidly in a similar approach to slopestyle competitors in a terrain park. However, unlike the freestyle discipline of slopestyle, there are no perfect man-made takeoffs or landings – each individual rider’s route varies, and is personally plotted out in pre-run inspections.

In consultation with coaches, advanced skiing athletes may consider registration with [AFP](#) (Association of Freeskiing Professionals) for worldwide ranking and the opportunity to participate in more advanced freeski competitions.

TRAVEL TEAM EXPECTATIONS

Jason Harper Training Center Rules

The Jason Harper Training Center is located at Bogus Basin and is for designated BBSEF Travel Team athletes and staff. Use of the Jason Harper Training Center is a privilege. Please conduct yourself in a responsible manner at all times. ***Infractions of these rules could result in a loss of your Team Room privileges.***

Athletes agree to abide by the following rules:

- ❖ Coaches’ offices and rooms are off-limits to athletes unless otherwise instructed.
- ❖ Store all personal equipment in individual lockers and/or designated areas. No exceptions.

- ❖ Stay out of others' belongings.
- ❖ Do not write, apply stickers, or deface the Jason Harper Training Center.
- ❖ Place all trash in the garbage containers.
- ❖ Turn off wax irons after each use.
- ❖ Sweep the tuning benches and floors after personal use.
- ❖ Do not fight, swear, or throw objects.
- ❖ Only the coaching staff may operate video equipment, radios and drills.

BBSEF Vehicle Privileges: Travel Team Athletes are responsible for removing all trash and personal items when departing the vehicle. Failure to do so will result in loss of athlete's vehicle privileges. ***You bring it in. You take it out.***

Academic Policy

BBSEF monitors and supports the academic progress of travel team athletes by offering the services of a team tutor and requiring a minimum 2.5 GPA (no F's allowed for participation in either team training or racing). Grades will be requested throughout the season. Athletes will be expected to rectify the situation as quickly as possible and to demonstrate through school review that grade requirements are being met. Athletes who need time to make up work missed due to travel will be allowed ten days to complete unfinished schoolwork. Athletes who are unable to bring their grades up to meet minimum standards will be issued refunds according to the published refund policy.

Drug Testing Policy

BBSEF is a youth-oriented athletic organization that believes wholeheartedly in providing a drug-free environment for all of its participants. BBSEF strives to be a positive force in each and every athlete's life and to help athletes reach their goals by providing a positive and healthy learning environment.

In order to achieve our goal of creating a drug-free environment, ***drug testing of all Travel Team athletes 13 & older*** is mandatory. Travel Team athletes 13 and older must return proof of a clean drug test prior to traveling with the team. If an athlete has a positive test, her or she may not participate with BBSEF until a negative test is provided at their own expense. Random tests may be given during the season and the athletes will be selected by Drug Test West. Athletes who have previously tested positive will be automatically included in the random tests. BBSEF will take steps to keep the results of all drug testing confidential. If an athlete has a second infraction during the season, this will result in a suspension from the team and all team activities for the remainder of the season.

Controlled Substances

The following may be tested through urinary samples for the purpose of compliance with the drug testing regulations as outlined in this policy: marijuana, cocaine, opiates, amphetamines, phencyclidine (PCP). Alcohol will be tested through the blood using the Alco Screen O2 swab, breath testing device or blood draw (whichever is available) The following is a table regarding the screening levels:

<u>Type of Drug</u>	<u>Screening Level</u>	<u>Confirmation Level</u>
Marijuana (THC)	100 ng/ mL	15 ng/ mL
Cocaine	300 ng/ mL	150 ng/ mL
Amphétamines/ Methamphetamine	1000 ng/ mL	500 ng/ mL
Opiates	2000 ng/ mL	2000 ng/ mL
Phencylidine (PCP)	25 ng/ mL	25 ng/ mL
Alcohol (Blood alcohol level)	Neg/Pos	0.06%

Testing Procedures

The collections of samples shall be performed by trained personnel under reasonable and sanitary conditions. Samples shall be collected and tested with due regard to the privacy of the individual being tested and in a manner reasonably calculated to prevent substitutions or interference with the collection or testing of reliable samples. A clear and well-documented procedure for collections, shipment as accessioning or urine specimens to be tested will be maintained. Sample testing shall conform to scientifically accepted analytical methods and procedures.

An initial screening process will be performed. Testing shall include verification or confirmation of any positive test results by gas chromatography-mass spectrometry (GC/ MS), an independent method based on a different analytical principle than the initial screen, before the result of any test will be used as a basis for any action by Bogus Basin Ski Education Foundation.

Diluted Specimen

In an event where there is an abnormal reading indicating a diluted specimen, Bogus Basin Ski Education Foundation reserves the right to collect and test a second sample without advance notice.

Prescriptions

If an individual tests positive, that person will be given an opportunity to discuss all prescription and non-prescription medications to adequately establish a legal basis for the use of any drug or controlled substance. If no legal basis can be established, the positive test will constitute a violation of this policy.

If an individual is undergoing prescribed medical treatment with any drug or controlled substance that may impair his/ her physical or mental ability, it is that individual's responsibility to report this treatment to his/ her supervisor so that temporary changes in the individual's job assignment can be made if necessary during the period of treatment.

Confidentiality/ Privacy

The fact that a test has been requested or administered, the results of that test, and communications regarding substance use and abuse are considered private and will be kept

confidential. This information will not be disclosed except to the extent necessary to administer and enforce this policy.

Resources

For a description of BBSEF program elements including training days per week, transportation and camps, see [BBSEF Team and Fee Structures](#) under the Resource Tab at BBSEF.org.

The USSA Alpine Guide and the USSA Freestyle Competition Guide are furnished by <https://usskiandsnowboard.org> to all members of USSA. It is an invaluable source of information. Please familiarize yourself with the information provided. If you have any questions, please feel free to ask your coach or call BBSEF at 208/336-5295.

[USSA](#) – The United States Ski Association

[FIS](#) – The International Ski Federation

[BBSEF](#) – Bogus Basin Ski Education Foundation. Explore the Resources tab at BBSEF.org. to find the calendar of events, equipment guides, Coaches Cup Results, Travel Team pack lists and more.

GENERAL MEMBERSHIP MEETING

BBSEF is a non-profit (tax-exempt) corporation whose purpose is to provide competitive Alpine, Freeski and Snowboard educational programs for the Treasure Valley. Membership in BBSEF is made up of the athletes in our programs and their families. Each year at the Annual Spring Meeting, each member of BBSEF has the right to vote for new board members. The BBSEF Board consists of nine persons who will be elected and three who may be appointed for year-long terms by the elected Directors. Each elected Board member shall serve a three-year term. The function of the Board is to give program direction, participate in fund-raising events and provide for BBSEF's future through long-range planning. BBSEF holds Board meetings on the second Tuesday of the month throughout the season. If you are interested in attending a meeting, please contact the BBSEF office for time and date. The BBSEF Board of Directors will hold an annual meeting in April each year. All BBSEF families are encouraged attend.