⛷️ TASC Member Club Rules for Young Skiers & Boarders 🏂

Torquay Alpine Snowsports Club is for everyone. We help each other make it a great place to be!

⏰ Be Ready 🧤

- Wear the right clothes for snowsports and the weather. On the dry slope this includes long trousers (avoid leggings), long sleeves, gloves and a helmet. There are no changing facilities in the clubhouse.
- Arrive on time, and with enough time to kit up, so we all start together 😃

💬 Be Kind

- Use friendly words and kind gestures. Say nothing that hurts or leaves someone out.
- If someone is being unkind, don't join in. **Tell an instructor or a grown-up you trust**.
- **Everyone** is welcome.
- Never bully anyone, or do things that could count as bullying.

🦺 Be Safe

- Look after yourself and look out for others. Remember we **share** the slope with all skiers & snowboarders.
- Listen to the instructors - they will help you to follow the safety rules.
- Respect the club's equipment: look after your boots, skis or board, and helmet 🪖
- At the clubhouse: smoking and alcohol are not permitted.

🏆 Be a Good Sport

- Be **polite** and **respectful** to instructors. They are here to help everyone learn and have fun.
- **Listen** to the instructors, even if you don't agree. If you're upset, take a breath and talk to a grown-up.
- Celebrate **trying your best** and getting better, not just winning.
- Be modest when you win and gracious when you lose.
- Cheer on your friends. Play fair so everyone has fun 😄

📱 Be Kind Online

- Never write mean or unkind things about other people, clubs or skiing and snowboarding online.
- If you wouldn't say it to their face, don't post it.

🗣️ Your Voice Matters

- **Your feelings and ideas count**. Instructors at TASC will listen to you when making decisions about what you do.
- **Your safety and wellbeing always come first**.

💭 Remember

- Follow the club's rules. If you don't follow them, the club may need to speak with you and your family to help you understand them better.
- Not sure about something, or feeling worried? **Tell an instructor, the Club Welfare Officer or your parents. You're never in trouble for asking for help.**

❄️ **Our promise:** We look after each other, play fair, and have fun on the slope! ❄️

Your Club Welfare Officer Name: **Amy O'Dwyer** Tel: 01803 313350 Email: cwo@skitorquay.co.uk