



Freestyle BC Girlstylerz Ski Sisters Athlete Agreement & Parent Permission

When communicating with your Ski Sister, participants will be expected to follow the guidelines set out below and to commit to the Ski Sisters Agreement statements. Please take some time to read the communication guidelines carefully and ensure that both the participating athlete and the supervising parent/guardian understand the rules and expectations.

If you have any questions about the information included in this form please contact Danika Mazur (danika@freestylebc.ski).

Athlete First Name: _____

Athlete Last Name: _____

Athlete Date of Birth: _____

Home Club: _____

Is there anything we could know that would better support us in matching you with a Ski Sister?

Ski Sisters Guidelines

While communicating with your Ski Sister, participants are asked to respect the following guidelines:

- ✓ Ask your Ski Sister thoughtful questions
- ✓ Be a good listener
- ✓ Keep an open mind
- ✓ Give your Ski Sister meaningful compliments
- ✓ Respond to your Ski Sister in a timely manner (one message per week)
- ✓ Refer to the weekly prompts
- ✓ Be yourself!

While communicating with your Ski Sister, participants are asked to refrain from:

- ⊗ Sharing personal or private information
- ⊗ Using derogatory or inappropriate language
- ⊗ Gossiping
- ⊗ Responding to your Ski Sister in an untimely manner (multiple messages)
- ⊗ Allowing outside parties to participate in communications

Participants may communicate using the following platforms:

- ✓ Handwritten letter
- ✓ Email
- ✓ Text Message
- ✓ Instagram
- ✓ Facebook Messenger

***Please ensure both you and your Ski Sister have permission from each set of parents to use your preferred method of communication.*

Additional note to parents:

It is the responsibility of the parent to determine if this program is appropriate for their child. While we encourage participants/parents to contact us if issues/concerns arise, we emphasize that the supervision of interaction is the responsibility of the parent, and not the organization. This program is designed as a platform for building supportive friendships and community amongst female skiers in British Columbia! Thank you for participating!

Ski Sisters Participant Agreement (to be completed by athlete)

- I agree to following the Ski Sister Program Guidelines whilst communicating with my Sister
- I understand that if I do not respect the Ski Sister Guidelines, I will be removed from the program and any future programs
- I understand that I must ask for my parent's permission to communicate with my Ski Sister using a media platform outside of the ones indicated above

Participant Name: _____

Parent/Guardian Permission and Agreement

- I am the adult responsible for the athlete named above
- I grant permission for that athlete to participate in Ski Sisters
- I agree to supervision of appropriate communication on behalf on my child

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____