



Electronic Device Policy

Junior Alpine Racing Program

Electronic devices can provide many benefits to our lives. However, they can also be distracting, and stunt social relationships and team dynamics. There is no real benefit from having electronic devices at Ford Sayre practices and races, therefore, they are not allowed.

JR ALPINE ATHLETES

Electronic devices are not allowed during practice or at races.

If an athlete needs to coordinate travel logistics, they may use their electronic device before or after practice time. Practice times are defined by the times listed on the Ford Sayre calendars and weekly emails. Race day timing is defined from 8am to 4pm.

If an athlete has a need to use a device during practice or race, they must request permission from a coach.

Any athlete who is reported violating this policy will be subject to the following consequences:

- First incident - Write a handwritten note to their coach(es) explaining why they were on their device. The athlete cannot participate in the next full practice or race until this note is submitted.
- Second incident - One practice suspension
- Third incident - The consequence will be determined by the athlete's parents and coaches.

Anyone in the Ford Sayre community can report an athlete by sharing this information anonymously with coaches or program directors.

HIGH SCHOOL COACHES

Electronic devices are not allowed during practice or at races. The one exception would be to take photos of their teams to be shared with the Ford Sayre program.

ADULT COACHES

Ideally, adult coaches will not use electronic devices during practice and race times. Adults do have additional responsibilities with families and professional needs, therefore they are allowed to check their devices as needed. They may also use devices to take photos of their teams to be shared with the Ford Sayre program.