



RIDGE
MOUNTAIN ACADEMY

**STUDENT ATHLETE
HANDBOOK**

Table of Contents

Introduction.....	3
WELCOME TO RIDGE Mountain Academy	3
Program Participation Expectations.....	4
Community Expectations.....	5
Community Group Guidelines.....	7
Community Violence Policy	8
Any student athlete who violates this policy will be subject to disciplinary action up to and including dismissal.....	8
In-bounds Skiing and Snowboarding Policy.....	9
Student Athlete Internet Policy.....	10
Student Athlete Music Policy.....	12
Student Athlete Phone Policy.....	13
Expectations of Cleanliness	14
Facilities and Equipment Upkeep Guidelines	15
Wood Stove Use and Safety Policy	16
Wood Stove and Wood Splitting Procedure	17
Student Athlete Non-RIDGE Relationship Policy.....	18
Theft Policy	19
Student Athlete Personal Vehicle Policy	20
Student Athlete Program Travel Policy.....	21
Student Athlete Absentee Policy.....	22
Medical Clearance Policy	23
Prescription Medication Policy.....	24
Student Athlete Relationship Contract	25
Substance Free Policy.....	26
Substance Use Screening Procedure.....	27
Student Athlete Room Search Protocol	28
Disciplinary Policy	29
RIDGE Mountain Academy - RIDGE Plan Enrollment.....	30
RIDGE Plan Mid-Semester	33
RIDGE Plan – End of Semester.....	37
Student Athlete Exit Survey	41
HANDBOOK RECEIPT	42



Introduction

WELCOME TO RIDGE Mountain Academy

Congratulations and Welcome!

You are the newest member of the RIDGE Mountain Academy. This manual has been designed to provide you with orientation and training information you need to become an integral part of our program.

You may ask RIDGE coaches any questions that may arise as you review this handbook.

We hope your experience here at RIDGE will be growth inspiring and amazing!

Program Participation Expectations

A primary component of RIDGE Mountain Academy is a high-intensity athlete-training program. Student athletes will be challenged in multiple areas at the same time. RIDGE recognizes this and has designed an extensive support structure for student athletes to be able to seek help and communicate their needs.

At any time throughout the semester, if a student athlete is feeling pushed beyond their limits they are expected to bring those feelings and struggles to their RIDGE coach and to communicate what is happening for them. Together coaches and student athletes will always be adapting and managing schedules and training regimens to accommodate individual needs. RIDGE does ask that student athletes maintain an honest, open minded and willing attitude towards all curriculum and programming. It is our expectation that the student athletes' choice to enroll for a semester at RIDGE Mountain Academy includes a willingness to challenge themselves and participate fully in all aspects of the program.

RIDGE Mountain Academy strives to create an environment where student athletes and coaches can grow and develop in a sustainable and positive way. Personal needs are always incorporated into schedule and curriculum.

Community Expectations

Summary:

RIDGE Mountain Academy strives to provide a safe and comfortable environment for student athletes and coaches to thrive, learn and grow. In order to foster this intention RIDGE has created certain community expectations that all members are expected to abide by. Furthermore, RIDGE encourages all staff and student athletes to express their needs and make suggestions for change.

Policy Statement:

- Be authentic in your dialogue and personal interactions
 - Try to speak from your own experience instead of generalizing
- Respect yourself and others
 - Violence or threats of violence towards others including peers and RIDGE staff is not tolerated
 - Respect physical boundaries of peers and RIDGE staff
 - Sexually inappropriate behaviors are not tolerated; i.e. sexual jokes, touching others, or exposing self
 - Discrimination or personal attacks based on one's race, ethnicity, religious beliefs, or sexual orientation will not be tolerated.
 - Respectfully challenge one another by asking questions while refraining from personal attacks
- Respect the personal property of others and the property of RIDGE Mountain Academy
 - No stealing or vandalism from peers, RIDGE Academy or RIDGE staff
- Responsible behavior includes:
 - Participating in all RIDGE activities and following through with your daily schedule and commitments
 - Being on time for all meals and activities
 - Participating in campus chores, meal shopping and preparation, etc.
 - Respecting the values, principles and boundaries of others
- Maintain the cleanliness of all common areas including Lodge, Personal Gear Room, Kitchen, Living Room, etc.
- Maintain cleanliness of personal living space including bedroom, bathroom and common living rooms.
- Observe and respect quiet hours (10:00pm - 7:00 am)
- Student athletes should dress appropriately and respectfully while keeping up with their personal hygiene
- Student athletes must respect and abide by RIDGE policies and contracts signed during their enrollment, including the Substance Free Contract

Applicability:

RIDGE Mountain Academy prioritizes creating a nurturing environment that emphasizes personal and intellectual growth. Student athletes are expected to follow the above Community Expectations in order to live harmoniously and successfully with those around them. Student



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e: info@ridgeacademy.com

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athletes are encouraged to express their needs and desires throughout their stay at RIDGE, and will be meeting regularly with their RIDGE coach to address any issues they may be facing in the community.

Community Group Guidelines

RIDGE Mountain Academy hosts a weekly Community Group on campus and invites any coach and/or staff member to attend at their discretion. This group is lead by the Academy Director and those present are the enrolled student athletes as well as any coach/staff on shift. The purpose of this meeting is to discuss issues and topics that relate directly to the community at RIDGE including but not limited to, programming issues, staff to student relations, student to student relations, grievances from student athletes, activity planning, and any announcements that are relevant.

Community group is an appropriate venue for any student athlete to articulate positives and negatives related to day to day life at RIDGE and to have the opportunity to trouble shoot closely with staff and Director. This group is meant to be an open forum where ideas are heard and student athletes are able to receive pertinent information regarding any type of programming at RIDGE.

Community Violence Policy

Summary:

All RIDGE Community members are expected to conduct themselves in an acceptable and non-violent manner. RIDGE Mountain Academy encourages a supportive environment of respect and support. It is in violation of RIDGE Mountain Academy policy for any community member to intentionally harm or threaten to harm another student athlete, coach, community partner, visitor or property belonging to any of these parties.

Policy Statement:

RIDGE Mountain Academy defines harm as:

- Physically harming others
- Verbally abusing others
- Using intimidation tactics (yelling, body gestures, etc.)
- Making threats
- Sabotaging another's work
- Stalking
- Making false statements about others with malice that cause harm
- Publicly disclosing another's private information
- Ridiculing and shaming others

Applicability:

Any student athlete who violates this policy will be subject to disciplinary action up to and including dismissal.

In-bounds Skiing and Snowboarding Policy

Summary:

RIDGE Mountain Academy works closely with Whitefish Mountain Resort to create access and opportunity through our activities and programs. RIDGE student athletes will be spending a significant amount of time at various ski resorts during the semester. The following policy was created to help RIDGE coaches manage large groups of student athletes in a variable and unpredictable setting while also protecting RIDGE's reputation and community partnerships.

Policy Statement:

- All groups must have at least one person with a cell phone or RIDGE radio in case of emergency; this will likely be the RIDGE coach
- As part of RIDGE Mountain Academy, student athletes and coaches must abide by the particular resort's "skier code" and remain courteous and friendly at all times.
- Failure to abide by ski area closures will result in disciplinary action and/or the loss of your season pass.
- Student athletes are expected to arrive on time for all check-ins or meetings or to call and explain why they will be late.
- Any sharing or lending of personal season passes will be considered theft and result in loss of season pass and will initiate a disciplinary review and/or dismissal from RIDGE.
- All additional policies and procedures related to in-bounds skiing and snowboarding and in-field communication will be followed by student athletes and coaches.

Applicability:

As part of the larger mountain community, it is essential that RIDGE coaches and student athletes alike abide by the guidelines outlined by each ski resort that RIDGE groups visit. By further creating a RIDGE-specific In-bounds Policy, RIDGE coaches and student athletes will not only respect the rules of various ski resorts, but also ensure a positive reputation and safe skiing and snowboarding practices.

Student Athlete Internet Policy

Summary:

RIDGE Mountain Academy recognizes that student athlete access to and the use of the Internet and E-mail is important. The Internet and E-mail make communication more efficient and effective between RIDGE community members and enables student athletes to contact their family and friends at home. However, *unauthorized* use of the Internet can place RIDGE Mountain Academy and others at risk. Below describes what is considered acceptable and unacceptable uses of the Internet both on and off campus:

Policy Statement:

1. RIDGE Mountain Academy Internet and e-mail access may not be used for transmitting, retrieving or storing of any communications of a defamatory, discriminatory or harassing nature or materials that are obscene or X-rated. No messages with derogatory or inflammatory remarks about an individual's race, age, disability, religion, national origin, physical attributes or sexual preference shall be transmitted. Harassment of any kind is prohibited.
2. Disparaging, abusive, profane, or offensive language; materials that would adversely or negatively reflect upon RIDGE Mountain Academy or be contrary to RIDGE Mountain Academy best interests; and any illegal activities – including piracy, cracking, extortion, blackmail, copyright infringement, and unauthorized access to any computers on the Internet or e-mail – are forbidden.
3. Do not use the system in a way that disrupts its use by others. This includes streaming video, sending or receiving large files, “spamming” (sending e-mail messages to thousands of users.) or anything that requires significant bandwidth if it is interrupting RIDGE's normal business and program operation.
4. Nothing may be downloaded off of the Internet onto the RIDGE server or any RIDGE computer without permission from the RIDGE office manager or a RIDGE coach.
5. Each student athlete is responsible for the content of all text, audio or images that he/she places or sends over the program's Internet and e-mail system. No e-mail or other electronic communications may be sent which hides the identity of the sender or represents the sender as someone else.
6. RIDGE community members are asked to refrain from accessing social media or email during structured RIDGE activities unless it is directly related to RIDGE programming.
7. All photos and comments posted to social media must be appropriate and accommodate others values and perceptions. No photos should be posted from dormitories, locker rooms or bathrooms.
8. RIDGE asks that student athletes refrain from the use of any and all technology devices during mealtimes in order to foster a sense of community. Exceptions may be made on a circumstantial basis.

Applicability:

The Student Athlete Internet Policy at RIDGE Mountain Academy is intended to create equal access as well as set parameters for access. Each RIDGE community member is responsible for



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managing his/her own use and abiding by the aforementioned RIDGE policy. **Please note that subject matter violating this policy may lead to disciplinary action or dismissal.**

Student Athlete Music Policy

Summary:

RIDGE Mountain Academy appreciates student athletes' individuality and prides itself on being an inclusive program. Students are encouraged to listen to, play, and share a variety of musical preferences; however, it is important that students are respectful of the values and principles of those around them. Offensive and graphic music is not allowed on campus or in RIDGE vehicles.

Policy Statement:

- Music containing explicit lyrics and references may not be played out loud in any RIDGE space (including drug references, graphic language, and degradation of sexes, race, ethnicity, religion, etc.)
- Music played aloud must always be played at a volume that accommodates everyone in the vicinity. No music should be heard from outside the building.
- Music from other rooms in the Lodge should not be intrusive/disruptive for the study lounge or the study rooms.
- No music should be played aloud in either the study lounge or the study rooms. Headphones must be used at all times.
- Music must be played on headphones during quiet hours.
- Student athletes may not listen to personal music players while working with RIDGE Coaches at the ski resort or in the backcountry. The only time that students may listen to music while skiing or snowboarding is during unstructured free time on the mountain or while uphill training. Student athletes are responsible for any related accidents should they choose to listen to music while skiing or riding.
- Student athletes may not listen to personal music while working with fitness trainers at The Wave; when working out on their own, student athletes may listen to personal music players but are responsible for any related accidents should they choose to do so.

Applicability:

The RIDGE Music Policy is an attempt to balance safety and undivided attention with student athletes' personal tastes and preferences. Accidents and injuries related to headphone use on the mountain are common, and should a student choose to listen to a personal music player while skiing or snowboarding, that individual will be held responsible for their choice to do so. If any of these items are in question, a RIDGE Coach or Staff may ask the student to change the song, volume, etc. or use headphones. Music played in RIDGE vehicles is left to staff preference and/or discretion.

Student Athlete Phone Policy

Summary:

RIDGE Mountain Academy allows student athletes to use their personal cell phones throughout their stay. RIDGE encourages students to learn how to be respectful and appropriate with the use of their cell phones, and not spend a significant amount of time on them. The personal use of cell phones should not interfere with their relationships, activities, and overall mission of RIDGE.

Policy Statement:

- All phone calls must be appropriate in nature and not be disruptive or offensive to roommates, RIDGE coaches and staff, etc.
- No phone calls or texts may be made during program/training time, except for emergencies.
- No phone use at the dinner table or during meal times.
- RIDGE coaches may ask a student athlete to put away their phone, or to end a call, any time that they deem the use distracting, offensive, inappropriate, etc.

Applicability:

The RIDGE Phone Policy allows students the freedom to use their personal cell phones while they are enrolled at RIDGE Mountain Academy. RIDGE recognizes that student athletes will be maintaining their various social media sites, connecting with friends and family, and staying in touch with RIDGE coaches daily. However, it is important that student athletes respect the phone policy in order to learn how to be respectful and appropriate with their cell phone use.

Expectations of Cleanliness

Summary:

RIDGE Mountain Academy is your new home for the next few months, and in an effort to keep it clean and comfortable, the following guidelines have been created for both personal living areas and community common areas. RIDGE asks that student athletes understand that different people have different standards of cleanliness, and it is imperative that students learn to respect standards that may be different from their own.

Policy Statement:

Student athletes at RIDGE Mountain Academy are expected to participate in daily and weekly house chores throughout their semester. Chores and expectations are outlined in the RIDGE Campus Chores document, and student athletes are asked to find coverage or assistance if they are unable to follow through with their assigned tasks.

Applicability:

At RIDGE Mountain Academy, student athletes are expected to not only keep their personal living spaces clean and organized, but to maintain a high standard of cleanliness in group environments as well. The Expectations of Cleanliness was created to ensure that all areas on RIDGE's campus are kept clean for the benefit of student athletes and coaches alike. Student athletes that are not meeting the standards expected of them will be asked to meet with their RIDGE coach to address the issue.

Facilities and Equipment Upkeep Guidelines

Summary

RIDGE Mountain Academy ensures that all student athletes are using and growing familiar with the highest quality outdoor gear on the market. Student athletes will be given access to many pieces of equipment throughout their semester; some items will be in their possession for the whole semester, while others may be used on an as-needed basis. Regardless of the circumstances, RIDGE asks that student athletes respect the equipment that is temporarily given to them, as well as the property and facilities on the RIDGE campus.

Policy Statement

Upon arriving at RIDGE Mountain Academy, student athletes and their coaches will complete a brief “conditions checklist” of the furniture and RIDGE belongings in the particular student athletes room, common area, etc. Items will typically be in excellent condition upon arrival, and it is RIDGE’s hope that the condition of its furniture and facilities remains in good quality throughout the semester. At the end of the semester, another “conditions check” will occur, and any items that have dropped below “good condition” will likely be the responsibility of the student athlete to repair or replace, within reason.

Similarly to furniture and facilities upkeep, student athletes and their coaches will conduct a brief “conditions checklist” of the RIDGE equipment provided to them during their stay. The same standards hold as well: by the end of the semester, if the condition of any RIDGE gear or equipment has dropped below a condition that exceeds normal wear and tear, the student athlete will be required to repair or replace the item, within reason.

Applicability

By holding student athletes to a high standard, RIDGE Mountain Academy hopes to help them leave the program with an understanding of how to properly maintain their gear and belongings. RIDGE understands that various gear may experience wear and tear and will take this normal continuum into consideration prior to asking a student athlete to repair or replace a particular item.

Wood Stove Use and Safety Policy

Summary:

RIDGE Mountain Academy campus utilizes wood heat as a primary heat source during the winter semester. Students will be expected to know safe use procedures and how to maintain them.

Policy Statement:

- All students will go through a wood stove use and safety class before being permitted to use any wood stove or fireplace on campus.
- Protective fire gloves will always be used when stoking a fire.
- Wood stoves and fireplaces will not left open, without a protective spark barrier, while in use.
- Students and staff will attend a safe wood splitting class before being permitted to use axes, mauls or hatchets.
- No wood splitting will occur when staff or students are alone.
- Wood stoves and fireplaces will be extinguished or closed down at the end of each day by night staff.

Applicability:

RIDGE Mountain Academy Staff and Student Athletes are expected to follow RIDGE protocol for wood stoves and fireplaces. These protocols are put in place to minimize safety concerns regarding burns and fire.

Wood Stove and Wood Splitting Procedure

In order to ensure the maximum safety of student athletes on the RIDGE Mountain Academy campus, the following procedures have been established to guide the use of wood stoves and practice of wood splitting.

Wood Stove Procedure

1. Only student athletes who have completed a Wood Stove Safety Class are allowed to build wood fires in stoves on the RIDGE Mountain Academy campus.
2. Wearing protective gloves, these student athletes will ensure that the stovepipe is properly opened and will then build a fire in the stove.
3. Student athletes will make sure that a spark barrier exists on the stove (where relevant) before leaving the room.
4. Student athletes must have the first three fires they build in a wood stove checked off by a RIDGE coach; after doing so they will have the freedom to build fires on their own.
5. If an issue with the wood stove arises, student athletes are required to notify a RIDGE coach immediately.

Wood Splitting Procedure

1. Only student athletes who have completed a Wood Splitting Safety Class are allowed to split wood on the RIDGE Mountain Academy campus.
2. Only axes, mauls, or hatchets will be used to split wood on campus; student athletes will not be allowed to use chainsaws.
3. Student athletes must ask permission to split wood outside, and once the RIDGE coach determines that they have taken the relevant course, the student athlete must find someone to accompany them in case they are injured. After they have successfully split wood in front of a RIDGE coach, any RIDGE community member moving forward may accompany the student athlete.
4. Wood will only be gathered from designated places, and student athletes must ask permission from RIDGE coaches to harvest wood beyond the Lodge woodpile.

Wood Stove Extinguishing

1. It is the responsibility of RIDGE Mountain Academy Night Staff to ensure that all wood stoves and fireplaces have been extinguished or closed down by midnight each night.

Student Athlete Non-RIDGE Relationship Policy

Summary

RIDGE Mountain Academy expects and encourages student athletes to engage in the Whitefish community beyond their relationships within the program. RIDGE also recognizes student athletes' needs to maintain relationships established prior to enrollment in our program. The following policy outlines the needs of RIDGE Mountain Academy regarding relationships with people outside of student athletes' families or the program.

Policy Statement

- RIDGE student athletes may ride in Non-RIDGE vehicles with Non-RIDGE drivers only after a parental consent form has been signed, the Non-RIDGE driver has been met by RIDGE staff, and proof of valid drivers license and insurance has been provided.
- RIDGE student athletes may not go to private homes or hotels without permission from their RIDGE coach or the program director.
- Non-RIDGE guests visiting campus must have prior permission from RIDGE staff and may only visit during community times with no conflicting RIDGE programming scheduled.
- If student athletes would like to invite a Non-RIDGE guest for dinner, student athletes must check in with their RIDGE coach beforehand and be considerate of the weekly RIDGE meal plan.
- All RIDGE guests must leave campus by 10 PM unless otherwise cleared through RIDGE staff.

Applicability

Due to the fact that RIDGE Mountain Academy is a residential campus based program, this policy is in place in order to ensure safety and integrity for RIDGE, its student athletes and their families. Student athletes are asked to understand and accommodate our needs as a program and to commit to this policy.

Theft Policy

Summary:

RIDGE Mountain Academy is a community-based program that values a safe campus culture and a positive community image. Theft by RIDGE staff or student athletes, on campus or in the community at large, will be addressed as a serious offense and will result in an immediate disciplinary review process.

Policy Statement:

- Suspicion of theft must be brought to RIDGE staff immediately.
- RIDGE staff reserves the right to search student athlete rooms and belongings if suspicion of theft is present.
- Any theft from stores or community businesses will require student athletes to sit down with the owner of the affected business and could potentially involve local authorities.
- Sharing of ski passes with friends or family is considered theft of services and will result in an immediate loss of the ski pass.

Applicability:

RIDGE Mountain Academy asks their staff and student athletes to hold themselves and each other to the highest of standards. Please help us create a safe and supportive RIDGE community.

Student Athlete Personal Vehicle Policy

Summary:

Students at RIDGE Mountain Academy are prohibited from driving personal vehicles to or from the RIDGE campus, and are not allowed to have or use personal vehicles during their stay at RIDGE Mountain Academy. Students may be driven to campus with a family member at the beginning of their stay, but this vehicle must not be left at the RIDGE campus for the student athlete to use throughout the semester.

Policy Statement:

Student athletes are asked to respect the following:

- Student athletes are prohibited from having or using personal vehicles during their time at RIDGE Mountain Academy
- Student athletes are prohibited from operating motorcycles, ATV's and Quads throughout the duration of the program.
- Student athletes are prohibited from driving any vehicles without parents or legal guardians present while enrolled at RIDGE Mountain Academy
- Should a student drive themselves to RIDGE at the beginning of the semester, he or she must be accompanied by someone who can leave with the vehicle shortly after arrival

Applicability:

Students at RIDGE Mountain Academy will never find themselves in a position in which they are not able to get to or from a scheduled activity. Therefore, RIDGE maintains that there is no valid reason for personal vehicles to be used and maintained on campus or in town. RIDGE Mountain Academy coaches and staff will transport student in insured RIDGE vehicles, and Whitefish has a straightforward public transportation system that should also meet the needs of each student athlete.

Student Athlete Program Travel Policy

Summary:

Student Athletes at RIDGE Mountain Academy will inevitably be participating in a variety of activities outside of the Flathead Valley. Whether ski touring in British Columbia, or helping out at an event in Missoula, RIDGE Mountain Academy ensures that all student athletes travel and responsibly.

Policy Statement:

While participating in a RIDGE Mountain Academy semester, student athletes will always travel outside of the Flathead Valley with either a RIDGE Coach or a RIDGE community affiliate member. Coaches are trained in the RIDGE Driving Policy prior to transporting students in RIDGE program vans, and RIDGE community affiliates who plan to transport students to various events or trips will have their driving records, insurance information and a signed RIDGE Driving Policy on file before leaving the Flathead Valley.

If a group of RIDGE student athletes travel internationally (ex. Canada), Coaches must have the proper documentation with them in the program van. Passports will be required for student athletes planning on entering Canada, and if a student athlete is younger than 18 years old, a letter of permission must be written from his or her parent, allowing the particular driver to escort their child into the country. Should a RIDGE group be flying internationally, airline tickets for both student athletes and RIDGE coaches will be purchased through reliable and well-regarded companies.

Applicability:

By adhering to the Program Travel Policy, student athletes will only travel to RIDGE program events with qualified, trusted individuals. Whether full-time, designated RIDGE coaches are driving student athletes across the border to Canada, or a student athlete is leaving the Valley for an internship-related event, only those who have a thorough understanding of RIDGE's Driving Policy will be transporting students during the semester.

Student Athlete Absentee Policy

Summary:

RIDGE Mountain Academy is a high intensity semester-based gap program that incorporates various aspects of athlete training, life skills, academic pursuits and outdoor education. RIDGE understands that student athletes may need to travel during their semester, however, based on the goals and objectives of the program and the needs of other student athletes the following should be taken into consideration.

Policy Statement:

- All program activities and events scheduled during the absence of a student athlete will continue as scheduled and will not be repeated.
- Student athletes and families will be expected to give advance notice, except in emergent situations, of 2 weeks prior to leaving.
- No refunds or discounts will be given for time away from RIDGE Mountain Academy programming.
- Student Athletes will be expected to remain up to date in all academic, RIDGE Ed. and internship responsibilities while away from the program.
- Families may be required to pay additional costs if missed programming requires that RIDGE must contract with outside agencies to assure that the student athlete receives required training. (Ex. Avalanche certification)
- Dependent upon the RIDGE program schedule, student athletes may be required to cover the cost of transport to/from their airport

Applicability:

RIDGE Mountain Academy recognizes the need for individual student athletes, and their families, to maintain lives outside of the RIDGE program and to manage emergency situations within the family. Emergency situations occurring within a student athlete's personal or family life will be managed on a case-by-case basis. The management of those situations may or may not follow standard protocol for the student athlete absentee policy.

Medical Clearance Policy

Summary:

RIDGE Mountain Academy prioritizes the physical and emotional health and safety of student athletes, and RIDGE coaches and staff take injuries and accidents seriously. Student athletes who have psychological issues arise during their stay will have access to an on-call local clinician. If a student athlete experiences a physical injury while participating in a RIDGE activity, he or she will not be allowed to continue in relevant RIDGE activities until they are formally cleared by a physician, physical therapist or other appropriate professional.

Policy Statement:

Student athletes will not be allowed to participate in the RIDGE activities outlined by their physician at the time of their injury. While the physician continues to work with and assess the student athlete's situation and progress, RIDGE coaches and staff will only allow the student to engage in activities that have been expressly cleared by their physician.

- This may be an on-going process, but under no circumstances may a RIDGE coach make a decision that overrides the opinion of a student athlete's physician.
- Should a physician decide that a student athlete is unable to participate in an activity, the official order must be made in writing and signed by the attending physician.
- No one except for the attending physician is allowed to make changes to the student athlete's recovery plan

Applicability:

RIDGE's Medical Clearance Policy was created to ensure that student athletes never participate in an activity that their physician has decided would be unsafe or dangerous for their health and well being. It is imperative that RIDGE coaches and staff hold student athletes to the outlines described by their physicians while recovering from an injury.

Prescription Medication Policy

All student athletes enrolled with RIDGE Mountain Academy must be able to manage intake of their own medication. RIDGE Mountain Academy maintains a medication cabinet for the safety of all participants and requires all participants to participate in the medication logging system and store their medications in the cabinet. RIDGE Mountain Academy does not dispense medications, and all participants must be able to read their prescriptions, take the medications as prescribed and otherwise monitor their own medication usage. Student athletes will be required to meet with their individual doctor before arrival, or with RIDGE Mountain Academy's referred doctors, or at any point in time they are feeling a significant change in their mood or physical body due to the increased physical exercise and change in diet inherent in our program.

Please note: It is a felony in the state of Montana to provide prescription medication to an unauthorized recipient. As with all legal matters, RIDGE Mountain Academy cannot and will not protect the participants from the consequences of their actions in matters involving failure to comply with the law or program expectations.

Reviewed and Acknowledged:

Participant

Date

Parent/Guardian

Date



Student Athlete Relationship Contract

RIDGE Mountain Academy explicitly prohibits the following aspects of relationships between student athletes:

- Significant public displays of affection that could create tension or be deemed offensive by those around you, both on and off-campus
- Student athletes entering a dorm belonging to the opposite sex
- Sexual intercourse, both on and off-campus

By signing this contract, I understand what is expected of me in terms of my intimate relationships and I agree to abide by RIDGE guidelines.

Student Athlete Signature

Date

Substance Free Policy

Summary

RIDGE Mountain Academy believes that a campus environment free from alcohol, drugs and tobacco fosters safety, quality and productivity, and is in the best interest of all student athletes, families and business partners. Any instance that involves substance use on campus or illegal drugs off campus will be reported.

Controlled substances include, but are not limited to alcohol, nicotine, marijuana, cocaine, heroin, amphetamines and barbiturates. Confiscated substances will be turned over to the proper law enforcement authority, which may result in criminal prosecution, and will result in dismissal of enrollment.

Policy Statement

The following violations will be grounds for immediate discipline up to and including dismissal:

- Possession of a controlled substance on RIDGE Mountain Academy premises
- Consumption or use of a controlled substance during RIDGE enrollment
- Selling a controlled substance while at RIDGE Mountain Academy
- Appearing at a RIDGE activity under the influence of a controlled substance
- Sharing any prescription medications is strictly prohibited

Applicability

As a condition of enrollment, you, as a RIDGE Student Athlete, must abide by the terms of this policy. Athletes who use drugs or alcohol while enrolled at RIDGE or arrive under the influence of drugs or alcohol create a hazard for themselves and all those around them.

A RIDGE Student Athlete who, under proper medical authority, is taking prescription drugs or other medication that may affect his/her ability to work safely is responsible for bringing this matter to his/her RIDGE coach's attention as soon as they become aware of their altered status. Failure to meet these responsibilities may result in serious disciplinary action that could include immediate dismissal.

RIDGE Mountain Academy may require any student athlete suspected of being under the influence of alcohol or drugs to submit to a breath test or urine-analysis by a Company-designated physician or qualified RIDGE employee. If the test process detects the presence of a controlled substance, involved RIDGE staff and the Student Athlete will be notified. The type of testing will be at RIDGE Mountain Academy's discretion and expense. Refusal to submit to this testing will be considered an admission of the presence of alcohol or drugs and will result in further disciplinary review and/or dismissal from the program.

Background

RIDGE Mountain Academy requests Student athletes and families assistance to ensure a substance free campus and program.

Substance Use Screening Procedure

Because RIDGE Mountain Academy maintains a substance-free campus, student athletes may be asked to undergo drug screenings if they appear to be blatantly under the influence. Student athletes come to RIDGE with a thorough understanding of the Substance Free Policy, and are asked to sign a Substance Free Contract during their orientation. Therefore, it is expected that student athletes respect the policy that neither drugs nor alcohol are allowed on campus, and no drug or alcohol use is tolerated during a student athlete's stay at RIDGE Mountain Academy.

The following guidelines outline the Substance Use Screening Procedure:

1. If a student athlete appears intoxicated or otherwise blatantly under the influence of a mood-altering substance such as alcohol, tobacco, or other drugs substances, a RIDGE coach may ask that he or she undergo a drug test.
2. Once the RIDGE coach and student athlete have agreed to begin the Substance Use Screening Procedure, the RIDGE coach will ask another coach to assist them and stand as witness to the procedure.
3. Urine analysis and Tobacco Testing will be administered in unison. The bathroom is to be clean, free of items that could interfere with a proper screening, and the toilet is to be flushed prior to the screening. The student athlete will be instructed to not flush the toilet during the process.
4. The student athlete will enter the bathroom after their pockets have been emptied, will wash his or her hands with soap and water, and will fill the cup to the appropriate level.
5. Both RIDGE coaches present will then determine the results of the tests, and only after they have the tests in their possession can the student athlete flush the toilet.
6. The RIDGE coach originally involved will then be required to write an Incident Report Form and communicate the results to the necessary individuals (parents, RIDGE director, etc.) promptly.
7. A student athlete may also be asked to perform a Breathalyzer in the event the athlete appears to be under the influence of alcohol.
8. The RIDGE coach will provide support and guidance to the student athlete in question, and will be sure not to inflict shame, ridicule, etc. upon him or her at any time before, during or after the process.

Student Athlete Room Search Protocol

- Ridge Coaches reserve the right to search student athlete rooms if there is just cause to suspect theft or the possession of non-permissible items.
- Reasons to search may include but are not limited to suspicion of theft or possessing drugs and drug paraphernalia, alcohol, illegitimate prescription medications or tobacco.
- Searches will ideally be performed in the presence of the participant and more than one staff member. This will be determined by the participant’s ability to be cooperative.
- All non-permissible items will be confiscated and held by RIDGE Mountain Academy. An incident report may result and be filed. Further disciplinary actions will be determined by staff and/or community members.

Participant

Date

Parent/Guardian

Date

Disciplinary Policy

Summary:

RIDGE Mountain Academy strives to create a safe and engaged community where coaches and athletes can learn from one another and grow as individuals. We believe in relationships as the foundation of our coaching and our community. Due to this belief, the RIDGE Disciplinary Policy is focused on relationship and interaction. In the event of disciplinary issues developing during the semester, the following outlines the RIDGE approach.

Policy Statement:

The following student athlete actions will result in a disciplinary review with RIDGE staff:

- Failing academic performance (refer to the Academic Requirements)
- Refusal to participate in RIDGE programming
- Clear endangerment of self or group, based on RIDGE coaches' perception
- Blatant disregard for RIDGE rules
- Destruction of Property
- Illegal Substance Use/Unauthorized use of Prescription Meds
- Shaming or intimidation of peers or staff
- Sexual Relations on RIDGE Campus
- Leaving the campus/program without permission

The following student actions may result in immediate dismissal from RIDGE Mountain Academy:

- Physical violence against peers or staff
- Distributing alcohol, drugs or tobacco

Applicability:

RIDGE Mountain Academy assumes that student athletes are excited about being at RIDGE and are interested in being a part of our intentional community. The RIDGE Mountain Academy Disciplinary Policy is designed to provide understanding regarding how specific disciplinary issues will be managed. The ability for a student to remain at RIDGE Mountain Academy if they are brought before a disciplinary committee will be decided on a case-by-case basis. We expect students to read their RIDGE handbook and be aware of rules, policies and procedures prior to and throughout their stay.

RIDGE Mountain Academy - RIDGE Plan Enrollment

Student Athlete Name:

Date:

Semester: *(circle one)*

Fall

Winter

Summer Session

RIDGE Mountain Academy is designed for student athletes who are interested in challenging themselves physically, mentally, and emotionally. We provide a positively structured living environment and a supportive, personalized program in which physical training, health and wellness, academics & internships, life skills and community involvement are all integral components. Incorporated into the mission at RIDGE is the opportunity for each student athlete to develop and hone their skill sets in each of these areas with the objective of gaining increased competence and confidence.

Each student athlete, along with their coaches will consistently assess and evaluate personal goals and progress throughout the semester. The is to ensure that each individual stays on track, has the opportunity to identify areas of improvement while taking stock of milestones met through their time at RIDGE.

The RIDGE Plan is designed to maintain focus ultimately arriving at the point where each student athlete leaves well-equipped and is able to incorporate their newly acquired skills, experiences, and successes into their life outside of the RIDGE campus.

The following sections provide the structure for each student athlete to outline their intended goals as well as articulate concrete steps necessary to achieve these goals

Mountain Sports

This is why you came to RIDGE! Mountain sports are the backbone of life on campus and during the RIDGE semester. Whether you came to build a specific skill set in a single discipline, or your interests span several mountain sports; improving overall skills leads to increased confidence and performance. RIDGE Coaches are instrumental in helping student athletes meet their goals and this section is for you to outline the areas and specific items you would like to develop and build upon during your semester.

Goals:	Actions Steps: (What will you do in order to meet your goal?)
1.	1.
2.	2.
3.	3.

Academics & Internship

Whether you need to finish high school, obtain a GED or are interested in starting or continuing university level coursework, or obtaining an internship please take a moment to reflect on your goals as you see them bringing you closer to your desired outcome. What would you like to accomplish while at RIDGE and how does this work itself into your individual routine?

Goals:	Actions Steps: (What will you do in order to meet your goal?)
1.	1.
2.	2.
3.	3.

Health, Wellness & Fitness

At RIDGE Mountain Academy, we encourage you to achieve greatness and creating and maintaining healthy lifestyles and practices are a daily part of the RIDGE experience. RIDGE emphasizes clean eating and our nutritional philosophy is focused on promoting health leading to increased muscle repair and growth allowing for optimal performance. At Ridge, achieving optimal health and wellness takes a balanced approach and throughout your semester, you will have access to a wellness coach and fitness coach whom will assist you with individualized fitness and food coaching, and accountability. Please use this section to outline your goals as they relate to overall health and fitness.

Goals:	Actions Steps: (What will you do in order to meet your goal?)
1.	1.
2.	2.
3.	3.

Life Skills

Life at RIDGE, to put it simply, is busy. In order to maintain a sustainable pace, each student athlete must balance the many aspects of daily life that make up the RIDGE schedule. Realizing that this may differ from a previous lifestyle and routine, this section is designed to help each student athlete clarify the hurdles that may exist and shifts that are needed in order to achieve and maintain a lifestyle that is fulfilling, satisfying and brings one closer to their own personal vision.

Goals:	Actions Steps: (What will you do in order to meet your goal?)
1.	1.
2.	2.
3.	3.

RIDGE Plan Mid-Semester

Student Athlete Name:

Date:

Individual Filling Out Form: *(student athlete or coach)*

Now that you have been living the RIDGE lifestyle, ideally you have observed and felt improvements in your overall performance and health and are able to identify progress in your academic and life skill endeavors. With half of the semester under your belt, it is now time for you and your coach(es) to evaluate personal milestones met while also planning for what you would like to focus on during the second half of the semester.

Once completed, each student athlete will have the opportunity to review with their fellow student athletes and coach(es) providing for feedback and idea exchange

Mountain Sports

Use this section to reflect on your original goals. How do you feel you have met each one and where is there room for continued effort, work and improvement? What changes and/or steps do you need to implement in order to boost performance and take your RIDGE semester to the next level.

Milestones Achieved:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Goals:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Action Steps:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Academics & Internship

Please review your current status as it relates to academic courses, and internship. This can be done with the Academic Coordinator as well as your RIDGE Coach(es). What have you accomplished thus far and what still exists for learning potential. How do you plan to utilize the second half of the semester to bring original goals to fruition? How can you utilize your resources at RIDGE to accomplish this?

Milestones Achieved:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Goals:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Action Steps:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Health, Wellness & Fitness

By now you have direct experience with the RIDGE philosophy and how this incorporates healthy eating, consistent physical routine and other mediums and how they combine to work towards overall individual wellness. This section is for you to assess and evaluate personal progress while identifying tangible differences in how you feel day to day. Please use this section to articulate improvements felt and also articulate how you can bring these items to the next level.

Milestones Achieved:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Goals:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Action Steps:

- | | |
|----|----|
| 1. | 3. |
|----|----|

2.

4.

Life Skills

Now that you have completed the first half of your semester, use this section to assess and evaluate how solid you feel with your current routine. This includes day to day organization and preparation, individual schedule and routine and how you have been able to achieve and maintain balance. What have you accomplished and where do you feel there is room for growth?

Milestones Achieved:

1.

3.

2.

4.

Goals:

1.

3.

2.

4.

Action Steps:

1.

3.

2.

4.



o: 844-MY RIDGE
e: info@ridgeacademy.com

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RIDGE Plan – End of Semester

Student Athlete Name:

Date:

Semester: *(circle one)*

Fall

Winter

Summer Session

RIDGE Mountain Academy is designed for student athletes who are interested in challenging themselves physically, mentally, and emotionally. At RIDGE, student athletes learn to live and train like mountain athletes.

RIDGE provides a positively structured living environment and a supportive, personalized program in which physical training, health and wellness, academics and internships, life skills and community involvement are all integral components.

While at RIDGE, student athletes are able to perform their best, meet individual goals, and fully engage in active lifestyles while working directly with professional coaches, on a day-to-day basis.

As student athletes prepare to move away from RIDGE's focused training environment, each student athlete will work with their individual Coach(es) in order to reflect on the entire semester. The end of semester evaluation serves as a 'road map' in order for each student athlete to identify ways to integrate their RIDGE lifestyle into their lives for the near future.

For the End of Semester Evaluation, each student athlete will meet with their individual Coach(es) and other staff in order to establish ways to transition skills learned at RIDGE to life in the future. Each section includes opportunity to summarize the student athlete's semester, identify goals that extend beyond the RIDGE campus while identifying specific steps that will work towards these goals.

Mountain Sports

Summary of Semester: *(this includes original goals, highlights, milestones met and ways in which the individual would like to continue building overall skill sets)*

Goals for Future:

Action Steps:

Academics & Internship

Summary of Semester: *(including original goals, highlights, milestones met and academic/vocational plans for the future)*

Goals for Future:

Action Steps:

Health, Wellness & Fitness

Summary of Semester: *(including original goals, highlights, milestones met and ways in which the student athlete can sustain a healthy living lifestyle)*

Goals for Future:

Action Steps:

Life Skills

Summary of Semester: *(including original goals, highlights, milestones met and ways in which these skills will help with and integrate into life for the near future)*

Goals for Future:

Action Steps:



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Student Athlete Exit Survey

Student Name:	Age:	Date: / /
Semester Attended: (circle one)	Fall	Winter
		Summer

Statement	Strongly Disagree										Strongly Agree									
I enjoyed my time at RIDGE	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I grew as an athlete.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I am more comfortable entering the backcountry.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I understand the importance of a healthy diet.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I know how to balance sport, academics, and life.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I have improved my time management skills.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I have grown as a mountain athlete.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I was able to accomplish my academic goals.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I have the skills and knowledge to stay healthy and fit.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I feel prepared to start/return to college.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I have a good understanding of backcountry safety.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I am leaving RIDGE as a more confident individual.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I plan to keep in contact with my coaches.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I plan to keep in contact with my fellow student athletes.	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
RIDGE Staff were supportive and communicative	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Any grievances were welcome and promptly addressed	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
I felt a sense of community during my semester	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
How likely are you to recommend RIDGE to others	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10



HANDBOOK RECEIPT

I acknowledge receipt of RIDGE Mountain Academy Student Athlete Handbook. I understand that it is my responsibility to read the handbook and ask management questions about any policies I don't understand. I agree to abide by all of the policies of RIDGE Mountain Academy.

Student Athlete Name (Please Print)

Student Athlete Signature

Date