ALPINE SASKATCHEWAN

Social Media Guidelines for all Members

Alpine Saskatchewan encourages the use of social media for our members to engage in the topics of Alpine skiing and racing.

Alpine Saskatchewan recommends that social media is used in a positive manner and Alpine Saskatchewan ill view comments/posts as public information.

Social media is all online communication, which includes, but is not limited to:
- Facebook
- Twitter
- Instagram
- Blogs
- Pinterest
- Flickr
- You tube
- Snap chat
- Vines

Whether you're tweeting, blogging, posting or instagramming the content in which you put out on the internet via social media is permanent – even if you quickly remove your post, it could already be too late. If you are posting on a personal social media site, the public may still associate you with the organization you are representing. Be extremely mindful of what you are saying and about whom.

Be enthusiastic – The positive comments you make online can and will help with promoting our sport as well as our events and athletes.

Be aware that you should not post personal or contact information of yours or other members of Alpine Saskatchewan. This can include but is not limited to their user names, passwords, cell numbers etc.

Be Respectful – even to those who are not. Don't get into a war of words with negative fans. If you feel that some comments are inappropriate, make sure someone from your club or Alpine Saskatchewan is aware of the situation. They will take appropriate action if needed.

Think about what hashtags you attach to your posts.

Swearing will not be tolerated on any post with regards to ski racing in Saskatchewan. If you cant say what you are going to post to someone's face, you

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probably shouldn't post it either. If you think that your parent's would not like you to say what you are going to post, you probably should not post it.

Cyber Bullying will not be tolerated. Remember that cyber bullying can be addressed under civil law or criminal law, based on the situation. Forms of cyber bullying include:
   a. Insulting: Posting or spreading false information about a person that will cause harm to that person or that person's reputation.
   b. Targeting: Singling someone out and inviting others to attack or make fun of her or him.
   c. Identity theft: Pretending to be someone else to make it look like that other person said things he or she doesn't believe or that aren't true about him or her.
   d. Uploading: Sharing images of a person, particularly in an embarrassing situation, without her or his permission, or sharing emails without the writer's permission.
   e. Excluding: Pressuring others to exclude someone from a community (either online or offline.)
   f. Harassment: Repeatedly sending someone nasty, mean and insulting messages.

Be Smart and think before you post. There are consequences for your actions. Model appropriate behavior on social media befitting your status as
   a) An elite athlete, and
   b) A member of Alpine Saskatchewan.

You have agreed to athlete conduct guidelines and must follow them when you post material and interact with other people on social media. Avoid posting offensive material or associating with controversial groups on social media.