

## Information and Guidelines for Student Athletes

1. Your hosts stand in place of your parents. Please accept their supervision and instructions.
2. Please be ready to be picked up by your hosts at the designated time.
3. No student should be allowed out in the evening unless chaperoned by the host student or parents. This includes the journey home after the game has finished on the Friday evening and the journey to the school on Saturday.
4. Under no condition are visiting athletes to be left alone in the home without adult supervision.
5. Students are not permitted to change housing arrangements.
6. Your hosts will provide you with a suitable meal at whatever time may be necessary because of the scheduling of your competition. Enjoy the opportunity to eat foods other than those you are used to.
7. If the host parents would like to take you out for an evening meal they will not expect you to pay for the meal. All students should be back home by the curfew time of 22:00 for U14 and 23:00 for Varsity.
8. Curfew hours set cannot be extended.
9. The use of tobacco, drugs and the consumption of alcohol are not permitted.
10. Ensure that you have the name, telephone number and address of your hosting family.
11. Your hosts will provide you guests with a packed lunch for your return journey.
12. It is customary to give your hosts a small gift, such a small box of chocolates, as a token of appreciation for their hospitality.

Should any problems occur whilst you are being housed, please contact your Athletics Director or your coach as soon as possible.

FIS Athletic Director: Mila Fischer

Contact Number in case of emergency: +49 173 579 4141