

CVTC Social Media Policy

1. Do not use profanity. Period.
2. Use your best grammar, spelling and capitalization. Expect that a potential sponsor will be reading your posts. If unsure, ask for help.
3. Only post on the CVTC page as CVTC. Do not post on any external pages as CVTC.
4. Do not respond to comments/posts on the CVTC page as CVTC – please respond under your own personal profile.
5. Remember that even under your own profile, you are still representing CVTC. Please be considerate and respectful.
6. You will immediately lose all privileges to the CVTC page if you make any offensive posts to your personal feed or to the CVTC feed.
7. If you want to comment about competition, make sure you're diplomatic, have the right facts, and have permission if necessary.
8. Remember that EVERYTHING can be traced. Anonymous comments don't fly.

Online (social media, blogs or websites) is not an appropriate forum to voice concerns about CVTC, Cross Country BC or Cross Country Canada sponsors, suppliers, clothing, staff, volunteers or the like. Remember that you may also not know exactly who the sponsors are... so if in doubt, don't say anything at all! If you do have concerns, please contact your coaches or a staff person within Cross Country BC or Cross Country Canada.