

# Athlete Code of Conduct

The NBRC Junior Rowing Team operates on the philosophy that all rowers and coxswains have the right to learn the sport of rowing. To do so, each athlete needs a climate that is satisfying and productive and is not filled with disruptive behavior by other athletes. This document presents guidelines for maintaining such an atmosphere during practices, regattas, and other team sponsored events.

**1. Behavior:** All rowers must demonstrate good sportsmanship at all times. Respect for other participants, coaches, officials, chaperones and spectators are essential for fair competition and is expected at all times. An athlete with a negative impact on the team will not be allowed to continue attending team functions. This includes, but is not limited to: fighting/physical harassment, use of racial slurs, sexual harassment, promiscuous behavior, indecent gestures, disruptive conduct, profanity, and disobedience to authority – including coaches, race officials, regatta staff, and chaperones. This includes any team sponsored activity at the Boathouse, on buses, in hotels, at restaurants, and at the regatta site.

**2. Attendance:** Rowers agree to attend and take part in all scheduled practices, regattas, and activities and observe all rules of water and boat safety at all times. If they cannot attend a practice or activity, it is their responsibility to advise their coach.

**3. Driving:** Rowers who drive a car to practice are required to drive safely at the practice site. No rower is allowed to drive themselves to any away regatta. Prior to leaving regatta site using alternate transportation, rowers must provide coach and chaperone with written permission, signed by parent.

**4. Controlled Substances:** Possession or use of controlled substances (*drugs, chemicals, steroids, alcohol, tobacco, or weapons*) is strictly prohibited. Use of substances banned by governing bodies for competition is prohibited. Medication prescribed by a physician must be in the dispensed container with proper label and dose information. A letter from the parent must accompany all prescribed medicines. Any violations will result in contacting the parents and disciplinary action. All bags are subject to inspection.

**5. Respect:** Rowers will be respectful of others' possessions and understand that they are financially responsible for any damage that they may cause. Theft of private property reflects negatively on the team and will not be tolerated. Destruction or vandalism of the Boathouse property as well as unauthorized access in unauthorized areas will not be tolerated. Individuals (and parents) will be held responsible for any damage to any equipment, rooms, buses, etc.

**6. Supervision:** Rowers are not allowed in the Boatyard or on the docks without adult supervision. Rowers arriving early should wait outside until a designated coach or Club Adult is on site.

**7. Travel:** During travel with crew, rowers will stay with the group at all times and understand that they must follow the instructions of their Chaperone. Any movies displayed on the bus will be PG or G rated. No mixing of boys and girls in any hotel rooms at any time unless the coaches are present for a meeting. Rowers are not to leave their designated room after curfew.

**8. Uniform:** Uniform for travel is team shirt with logo on front with khaki pants. Uniform for regattas is team uni with dark navy or white under shirt if needed. Failure to wear official uniform to regattas may result in suspension from that event. If a rower's uni has not been provided, then a substitute uni or other appropriate "uniform" may be used as approved by coach. Only team members may wear team shirt – not parents or siblings.

**9. Modesty:** Rowers are required to wear shirt or a cover (no bare chest or sport bras) when on Boathouse property or at regattas unless actively working out or given permission from coach.

**10. High School Code of Conduct:** If a rower's high school has an Athletic Code of Conduct, it is in effect for that rower during time spent with NBRC. Observance of this code is mandatory.

**ENFORCEMENT:** Failure to abide by the rules expressly written here, or given verbally by a Coach or Chaperone, may result in one or all of the following: removal from the line-up, immediate suspension from events or dismissal from the NBRC Junior Rowing Team. In each case, the Coach will consult all parties involved, notify parents and President and take the following course of action:

**1. Warning** – for minor violations. Coach will give warning to rower. If repeated warnings are necessary, parents will receive phone call from coach to discuss violations and possible solutions.

**2. Removal from line-up** – for more serious violations or repeated warnings.

**3. Immediate suspension from events** – for very serious violations. Meeting will be held with parents and two Board Members to discuss violations, length of suspension, and possible solutions. Parents may be required to retrieve a suspended or dismissed rower from a trip at their own expense.

**4. Dismissal from team** – for most serious violations or repeated violations after attempting to solve issues with steps 1-3. Prior to dismissal, Coach will meet with Junior Board to make recommendations and discuss possible outcomes. Board will vote on dismissal and majority vote will rule.

I acknowledge receipt of the NBRC Junior Rowing Team Athlete Code of Conduct and agree to abide by the terms and conditions thereof.

**Rower's Name** (Printed) \_\_\_\_\_

**Rower's Signature** \_\_\_\_\_

**Parent's Name** (Printed) \_\_\_\_\_

**Parent's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_