



RCRC Youth Code of Conduct

RCRC operates on the philosophy that all club members have the right to learn the sport of rowing. To do so each member needs a climate that is satisfying and productive. Rowers in particular have a tradition of excellence on and off the water. We expect all club members to represent their club, region, and community with dignity, respect, and good sportsmanship.

This document presents guidelines for maintaining such an atmosphere during practice, regattas, and other club sponsored events. This is an agreement between club members and RCRC with regard to responsibility and conduct of the member while on RCRC property, while in attendance at all regattas, and at any club sponsored event.

ATTENDANCE AND PUNCTUALITY

- Remember that rowing is a team sport – we all depend on each other. When a rower or coxswain, who has made a commitment to a boat and does not come to practice it upsets the entire boat.
- Once you have committed to a practice please be in attendance. Rowing will take place in all kinds of weather, including rain unless canceled for unsafe conditions.
- It is a rowers responsibility to prepare your boat for practice. Arrive before stated rowing time and stay until all equipment has been cleaned and stored.

PROTECTION OF PROPERTY

- Respect the equipment and the facility. Please treat the boats with care. Broken equipment would keep us from practicing as well as being expensive to replace. Please let us know if you notice broken equipment so that we can repair it as soon as possible. Damage due to negligence may incur costs on the members involved.

APPROPRIATE BEHAVIOR

- Respect coaches, team members, and other people who share the facility and expect to be treated with the same.
- Sarcasm, insulting, belittling of others or otherwise offensive behavior will not be tolerated. This standard applies to all forms of communication, including personal contact, e-mails, texting, social media, and messaging apps. Use age and situation appropriate content and tone in conversations.
- Members should be praised for their work. Compliment others on doing a good job and be positive. If their performance is poor, it should be handled privately with constructive criticism and without negative reinforcement.
- Operate with honesty and integrity. Honesty means that we are truthful to each other and always tell the complete story. Integrity means that everyone works together toward a common goal.
- Use of communication, media, processes, or mechanisms, e.g. email lists, Twitter, website, YouTube, snapchat, messaging apps, etc. cannot be used for inappropriate purposes with respect to the team or any RCRC youth or adult members.

- Promote Fairness and Trust. Everyone will be treated fairly with an equal chance to succeed. Trust is earned by acting honestly, truthfully, and respectfully towards one another.
- Use of alcohol or any drug, be it illegal or a prescription medication not explicitly written for the user of the medication, will absolutely not be tolerated and will result in immediate removal from the team.
- Acting in a way that becomes a public nuisance or creates a public disturbance will not be tolerated.
- All crew members are required to assist with the loading and unloading, rigging and de-rigging of boats before, during and after regattas.
- Crew members should not expect others to prepare their boats for them.
- Refrain from talk while in and around the boat. The coxswain is in control of the boat and will ask for guidance from others only when necessary.
- Everyone needs to contribute to the club equally in the spirit of cooperation towards the success of RCRC. While at the club, we need to be working on things that are important to the club and not focusing on things that are for your own well being solely. We need to be productive, hard working and organized in everything we do.
- A member who consistently and deliberately creates conflict and discord within the club will not be tolerated.

DISCIPLINARY ACTION

- Infractions upon these rules could lead to disciplinary action and possible suspension or expulsion from the club.
- Severity of disciplinary action to be determined by the RCRC board in an executive committee.
- A member whose behavior violates this code of conduct or the spirit of this code of conduct may be required to answer for their actions to the RCRC Board of Directors. Opportunity for a hearing will be provided and membership may be revoked by a 2/3 majority vote of the board (or of the membership). No refund of dues will be given.
- Any situation that a member feels is an infraction of this code of conduct should be brought to the attention of the RCRC board in writing.
- The administration of all disciplinary actions will be as consistent and as fair as possible. The welfare and safety of rowers, coxswains and coaches is of paramount concern.

- I have read and agree to abide by these Standards of Conduct.

Amelia Valis Rower Signature 10/3/2021 Date

Paul C. Valis Parent Signature 10/3/2021 Date