



Rocket City Rowing Youth Program Code of Conduct

RCRC 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, productive and not filled with disruptive behavior by other athletes. 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. Rowers in particular have a tradition of excellence on and off the water. It is expected that participants will keep up this tradition, not only in rowing activities, but also in school. Each participant is encouraged to strive for excellence as an athlete and as a student. In order to be accepted into the program, personal discipline is required. This document presents guidelines for maintaining such an atmosphere during practice, regattas and other club sponsored events. This is an agreement between the athletes, parents/guardians and the RCRC Junior Rowing Program with regard to responsibility and conduct of the athlete while on RCRC property, while in attendance at all regattas, and club sponsored events.

Athlete and parent/guardian please initial each bullet and sign the bottom of the form.

Attendance and Punctuality

- Rowing is a team sport – participants depend on each other. When a rower or coxswain does not come to practice it upsets the entire boat. Actions and in-actions affect everyone on the team. Consider this and act accordingly.
- Missing practice without notifying the Coach of a valid reason will be considered an unexcused absence. The Coach will consider individual circumstances and events to determine what denotes a valid reason.
- All crew members must race in RCRC uniforms, and observe RCRC, FISA and US Rowing rules.
- Having a parent present at a team function does not supersede club rules and guidelines (e.g. a rower choosing to room with parents rather than their teammates on an overnight trip has the same curfew as the rest of the athletes).
- When traveling, team members must stay in the hotel at all times and follow instructions from the coaches/ chaperones. No boys will be permitted in girls' rooms/no girls are permitted in the boys' rooms unless supervised by a coach or chaperone.
- Rowers are to travel with the team and are not permitted to drive themselves to regattas.

Controlled Substance

- We have zero tolerance regarding the use of alcohol, tobacco or any illegal substances. These are strictly prohibited.

Protection of Property

- Rowers are not allowed in the boathouse unless supervised by a coach or an adult rower who is a member of RCRC.
- Respect for the equipment and the facility is mandatory. 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. Some repairs may incur costs on the rowers involved.
- Individuals, as well as parents may be held financially responsible for any malicious/negligent damage to equipment, rooms, etc.

Appropriate Behaviour

- Cell phone use during practice is prohibited. Ringers are to be turned off. During practice phones are not to be on your person or in the boat. Phones can be left in vehicles or on the ledge at the boathouse.
- Show respect to coaches, team members, and the other people who share the facility. Teammates and other members of the organization must be treated with courtesy and respect. Behavior that reflects poorly on Rocket City Rowing Club will not be tolerated.
- Hazing is prohibited. Physical, verbal, or sexual abuse either in person, print, or via electronic/social media will not be tolerated. All members covenant and agree not to discriminate against other members, race officials or competitors on the basis of the fact or perception of a person's race, color, creed, religion, national origin, ancestry, height, weight (except as dictated by equipment limitations), age, sex, or sexual orientation.

Mailing Address:

PO Box

18352 Huntsville, AL 35804

Boathouse Address: 1000 Hobbs Island Road Huntsville, AL 35803

- Fighting will not be tolerated.
- No weapons of any type may be brought to any team function.
- Cursing and foul language will not be tolerated.
- Public display of affection (PDA) including but not limited to full frontal hugging, spooning, hand holding, and/or kissing is strictly prohibited.
- Social Networking websites are monitored by coaches as well as college admission offices and future employers. Be mindful of the image you are projecting of yourself and your activities. Any inappropriate or illegal postings may lead to disciplinary action.
- When traveling as a team, rowers must behave in a manner that reflects well on themselves, your family, your team, and the Rocket City Rowing Club.
- Race officials, regatta volunteers and other teams are to be addressed in a courteous manner.
- During a race, the use of foul language by any member of the crew can result in disqualification of the boat by race officials/referees.
- Any rower, who does not abide by these rules, may be placed under close adult/chaperone supervision and action may be taken to coordinate transport home at parent's/guardian's expense. Any individual's failure to abide by these rules can jeopardize the entire group's participation at that time and in the future.

Disciplinary Actions

Infractions upon these rules will lead to disciplinary action to be determined by the coaches, including, but not limited to:

- Verbal warning and counseling by the coach.
- Suspension from practice(s).
- Suspension from regatta(s).
- Suspension from the team.
- Expulsion from the program.
- Parent called immediately by the coach and the team member is returned home at the parent's expense.

Parents may address any questions or concerns regarding possible sanctions directly to the Coach, RCRC Head Coach, or the RCRC President.

I, the parent or guardian, certify that not only have I read and agree to these terms, but that I have gone over them with the minor in question and agree to enforce the terms of this Code of Conduct. I have read and agree to abide by the above rules.

Student Signature Morgan Nichols Date 9-2-21
 Parent Signature [Signature] Date 9-2-21

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