

Code of Conduct for Junior Member Athletes & their Parents

All Junior Member Athletes and Parents must sign the following Code of Conduct as a condition of membership in LGRC.

- **General Matters**

- Athletes and Parents recognize that membership in LGRC is a privilege, not a right. By paying fees, I/we am/are supporting the club, its coaches and its athletes. However, paying these costs does not entitle me/us to be involved in decisions about competition schedules, training methodology or placement in boats. These decisions are the province of the coaches. If there are questions or concerns, it is our responsibility to discuss it in a respectful manner directly with the coaches.
- Athletes and Parents agree that Athletes will participate in the program only after Athletes have been fully registered with all required dues and fees paid on time.
- Athletes and Parents understand that if Athletes withdraw from LGRC for any reason or if they are suspended or expelled for disciplinary or infractions, any and all payments made shall be forfeited in full.
- Athletes shall and Parents shall support Athletes to attend and participate in all practices and commit fully to the training and racing plan as designed by the coaching staff.
- Athletes and Parents shall show respect, in both actions and words, for rowers, coaches, competitors, race officials, chaperones, parent volunteers, and all others who volunteer their time. Athletes and Parents shall not engage in any kind of unsportsmanlike conduct such as booing and taunting, refusing to shake hands, or using profane language or gestures.
- Athletes and Parents recognize that in determining practice plans and boat line-ups the coaching staff acts in the best interest of the entire team and that all practice plans, and boat line-ups will be determined solely by the coaching staff.
- Athletes and Parents shall discuss questions/concerns related to the rowing program directly with a member(s) of the coaching staff.
- Athletes and Parents will recognize the importance of team unity, cooperate with each other, demonstrate mutual respect, and refrain from criticism of each other in any form.
- Athletes and Parents shall adhere to all club policies and procedures, including volunteer and fund raising requirements.
- Athletes and Parents will respect the authority and decisions of the Board of Directors, coaches as well as that of chaperones and other appropriate authorities
- Athletes and Parents will follow all parking policies, speed limits, and traffic patterns around the Lexington boathouse.
- Athletes and Parents will let the coaches or any member of the LGRC Board know immediately if there is someone in the Club who is not adhering to the Code of Conduct.
- Athletes and Parents acknowledge that failure to abide by the Code of Conduct may result in disciplinary actions. Based upon the severity and/or frequency of offenses, disciplinary actions



may include the following: verbal warnings, written warnings, and temporary suspension or expulsion from club activities.

- **Rowers**

- Athletes shall properly handle and maintain all equipment as instructed by the coaching staff and immediately report damage to a coach. Athletes may be held financially responsible for equipment theft and damage due to not following club rules.
- Athletes shall behave in a respectable manner that is a credit to the Athlete and LGRC, including showing good sportsmanship in both success and defeat, dressing in an appropriate and modest manner and refraining from vulgar or inappropriate language or gestures.
- Athletes will address coaches and parents with the appropriate titles, "Coach", "Mr.", "Mrs.", "Ms."
- Athletes will base their actions on honesty, integrity, and concern for the welfare of others; in doing so they will not lie, cheat or steal and will not condone such action on the part of others.
- Athletes will respect both the person and the property of others.

- **Practice, Regattas & Travel**

- Athletes will stay with their team or boat during race times.
- Athletes will be respectful when communicating with teammates, coaches, chaperones and other parents, bus drivers or other competitors during practice and regatta trips.
- To the extent that it does not interfere with race related activities, Athletes will support their teammates throughout competitions by sending boats off, cheering for other LGRC boats at race time, and assisting other boats in rigging and de-rigging shells.
- Athletes will help load and unload shells before and after regattas, unless otherwise specified or approved by their coach. Athletes will assist upon request with setting up and taking down the tents, moving equipment, food and supplies and other similar activities.
- Athletes will travel with the team bus to and from regattas or with their parents or designated chaperone drivers, unless otherwise specified or approved by their coach.
- Athletes will obey regatta chaperones and coaches throughout a regatta trip.
- Athletes will observe the 10:00 p.m. curfew/10:30 p.m. lights-out rules established for regatta overnight stays. (*Sleep has a direct impact on the performance of an athlete.*)
- Athletes will not leave the regatta area or hotel without the knowledge and consent of a chaperone.
- Athletes will not enter a hotel room occupied by someone other than an LGRC athlete, chaperone or coach. No one other than another LGRC athlete, coach or chaperone is allowed in an athlete's room.
- Except for boat meetings with a coach present, female athletes are not allowed in male rooms, nor are male athletes allowed in female rooms.



- Athletes understand the following infractions in connection with any LGRC activity may result in a team member or the entire boat of the team member being scratched from the upcoming race and/or sent home at their own expense, in addition to any action a coach or the LGRC Board of Directors may take:
 - Use or possession of alcoholic beverages, cigarettes, tobacco or non-prescribed controlled substances. “Possession” includes the direct or indirect possession or control of such substances, including being in a hotel room or vehicle with others in possession or using such substances.
 - Use or possession of any object that can inflict harm or damage to property or people or be construed as a weapon.
 - Intentional damage to property.
 - Stealing or shoplifting.
 - Loud and unruly behavior, including fighting or instigating a fight.
 - Behavior that has a detrimental impact on the performance of the team, including behavior that is intimidating, hostile or offensive in any way or reckless behaviors that put an Athlete at risk of injury.
 - Leaving the regatta hotel or area unchaperoned without the prior approval of the chaperone.
 - Any romantic contact or inappropriate sexual behavior between athletes.
- **Parent and Family behavior**
 - Parents and Family will remember that rowers participate to enjoy the sport and that the experience is for the student athletes, not the adults.
 - Parents and Family will emphasize skill development, practices, and healthy competition and that doing one’s best is more important than winning.
 - Parents will demand that their athletes treat other athletes, coaches, officials, parents, chaperones, volunteers, and spectators with respect.
 - Parents shall keep informed of team activities and issues by participating in parent meetings, reading the informational emails and newsletters and visiting the website.
 - Parents shall refrain from coaching rowers during practices and competitions unless specifically requested to do so by a coach.
 - Parents shall immediately inform, or insure their Athlete informs the coach of a physical disability or ailment that may affect the safety of their Athlete or the safety of others and Parents shall insure Athlete compliance with the LGRC Sickness Policy.
 - Parents shall not question or confront coaches regarding coaching decisions at practices, competitions, or other team events and will arrange to speak with coaches at an agreed upon time and place.
 - Parents shall contact their Athlete’s coach regarding clarification of matters such as training schedules, nutrition and health, and college recruiting, via the contact method designated by the Athlete’s coach and at a time that is mutually convenient, anticipating a timely response.



- Parents shall report any misconduct by any member of the coaching staff to the Director of Rowing or to the LGRC Board of Directors in compliance with the LGRC Escalation Policy.

- **Social Networking**
 - Athletes and Parents who access social networking sites (Facebook, My Space, Twitter, etc.) in conjunction with LGRC activities, shall act responsibly and show respect for the rights and feelings of others.
 - Gossip, insults, and libelous, demeaning, or derogatory pictures or comments about others, especially teammates, coaches or LGRC are strictly prohibited. Threatening or harassing or sexually explicit statements or pictures are also prohibited.
 - Athletes shall exercise appropriate discretion when using social networks for personal communications with the knowledge that inappropriate behavior on social networks may result in disciplinary action.

- **Drugs and Alcohol**
 - Athletes and Parents acknowledge that the possession or use of illicit drugs, including marijuana, non-prescribed controlled substances or consumption of alcohol by those under the age of 21 are illegal acts. Any Junior Club Member who acquires, uses or is in possession of alcohol, marijuana or any other illegal substance including performance-enhancing drugs, or is under their influence during any Club activity, including practice or official event, will be held responsible for their action(s). Consequences will include immediate suspension from rowing and may include suspension from the club or termination of Membership.
 - Athletes and Parents will ensure that no Los Gatos Rowing Club Juniors use alcohol or any non-prescribed controlled substance at an event at their home or at any other location that is under their control. Violations may result in the termination or suspension of the Membership of the Athlete.

Athlete Signature _____ Date ____/____/____

Parent Signature _____ Date ____/____/____

Parent signature is required regardless of age of athlete in the junior program