

# Riverside Crew

## Code of Conduct

The undersigned team member, participating in the 2024 crew season with Riverside Crew, agrees to abide by the standards of conduct outlined below, in addition to those standards established by the coaching staff at all regattas. Any additional guidelines regarding conduct will be presented prior to regattas.

1. The Team Travel Code of Conduct must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. By signing this document, it is understood that the individual has read, and complies with, this Code of Conduct.
2. Coaches must be members of US Rowing and have successfully completed and passed all US Rowing administered training, required coach training, and training and background check requirements of Loudoun County public schools.
3. All athletes must be members of US Rowing. If an athlete is 18 years of age, they must successfully complete Safe Sport training (found on [usrowing.org](http://usrowing.org)) prior to competing in regattas.
4. Chaperones for regattas requiring an overnight stay, must successfully complete Safe Sport training (found on [usrowing.org](http://usrowing.org)) prior to traveling to the regatta.
5. All rowers and coxswains are required to attend all team meetings, practice sessions and team functions. **Not attending a practice or competition impacts the entire boat, making it ineligible to participate.**
6. The possession and/or use of alcohol, tobacco or any non-prescribed drugs are strictly prohibited. Violation of this paragraph will result in your being sent home immediately, at your parent's expense, suspension from team travel for one year and possible expulsion from the team.
7. Team members will refrain from any illegal conduct or any inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
8. Team members will display proper respect and sportsmanship toward coaches, chaperones, officials, administrators, fellow competitors, and the public.

### Overnight travel:

9. Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete, unless the coach is the parent, guardian, sibling or spouse of that particular athlete.
10. All curfews and scheduled meetings will be established by the coaching staff and will be adhered to by each team member traveling with the group each day of the trip.
11. If Riverside Crew athletes wish to hang out together during our designated "down time" they will need to be in the hotel lobby. Athletes should not need to leave the hotel. If an athlete finds they need to leave the hotel, they must ask a coach for permission. If permission is granted, the athlete may not go alone and will text, using Remind, when they leave and when they return.

12. There will be no males in female athletes' rooms and no females in male athletes' rooms at any time. There are no exceptions to this rule.

13. If other teams are staying at the same hotel, none of their athletes may be in a Riverside Crew athlete's room, nor may any Riverside Crew athlete enter any of the other teams' rooms. There are no exceptions to this rule.

14. Prior to leaving any out-of-town regatta, the athlete must check in with their chaperone to ensure they may leave. The chaperone will verify with a coach prior to releasing the athlete. If not riding on the bus or with the athlete's own parents, the athlete must have provided the name of the parent transporting them home and it must be signed by their own parent(s).

15. Each rower/coxswain on the trip who signs this Code of Conduct is encouraged to support the Code of Conduct being adhered to by their teammates. Failure to report a violation by another rower/coxswain is a violation of this Code of Conduct.

## Implementation:

· All team members are apprised in writing of this policy. Signature of this document constitutes unconditional agreement to comply with the behavior guidelines of Riverside Crew.

· Failure to comply with the Code of Conduct will result in, but not be limited to, any or all of the following actions:

- a) The rower/coxswain will not be allowed to participate in team activities, including the regatta.
- b) The athlete will be sent home from the regatta on the next available means of transportation with the parent responsible for the cost of the trip home.
- c) In addition, the athlete will not be allowed to travel with the team for a period of time to be determined at a later date by the coaching staff, in consultation with the team Board of Directors.
- d) Serious misconduct may result in suspension or expulsion from Riverside Crew.

Upon notification of any violation of the Code of Conduct during a regatta, a review committee, consisting of the coaching staff and Board of Directors shall proceed in the following manner:

- Shall promptly investigate the circumstances of the violation.
- Shall allow the athlete to comment.
- Shall then promptly determine what disciplinary action shall be taken.
- Once disciplinary action is taken, the athlete's parent or guardian will be notified.

· For violations reported to the staff AFTER a trip, an investigation will be conducted, and appropriate penalties will be determined.

Following the team's return home from a trip, a meeting will be arranged, in a timely manner. This meeting will involve those coaches that were on the team trip, the team's Head Coach and/or Board of Directors, the offending athlete, and his/her parents.

## ATHLETE INFORMATION

Athlete's Name: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Second Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Below Information will be required for regattas requiring overnight travel:

Name of regatta: \_\_\_\_\_

Date of regatta: \_\_\_\_\_

Location of regatta: \_\_\_\_\_