

Participant Code of Conduct

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Rowers have a tradition of excellence on and off the water. We expect all our athletes to uphold this tradition, not only here at the boathouse, but also in school and at home. We know this is a rigorous sport and that the training and competition can be mentally and physically taxing. We also know the rewards and positive by-products of this hard work and training. You must trust that upon completing a season like this, you will be a better, stronger, happier person than the day you began. Anything worth doing is worth doing well.

We, the coaches, are here to help you learn the best ways to maximize your training, competitive success, studies, and peer to peer interactions. We, the coaches, are willing to do whatever it takes to help you succeed. If you, the athlete, ever need clarification about technical feedback, workouts, or selections, please feel free to ask us for some extra time. To best support you in this endeavor, we need all athletes to hold themselves to certain standards of decency, excellence, and commitment. Below, you will find our Code of Conduct.

Any violations of the Code of Conduct shall be dealt with in the following order of warning and review.

First - a verbal warning from coach to athlete

Second - a written warning from coach to athlete, and a conversation with a parent(s).

Third - an official write up and conversation with both the athlete and a parent(s) followed by a suspension from training and competition for at least one competitive season (fall, spring, or summer) without refund.

This policy may be subject to change dependent upon the infraction. The Code of Conduct includes the following:

1. **Bullying**

“Bullying” includes, but is not limited to, the following behavior:

1. Cliquish behavior (non-inclusive team behavior or speech).
2. Rude comments or actions from one teammate to another.
3. Rumor-milling, gossiping, or negative comments about teammates, coaches, parents, volunteers, workouts, or results

2. **No Drugs, Tobacco/Vaping or Alcohol**

1. At home, team functions/regattas, or any other venues. As well as it being illegal, it is also tremendously detrimental to your training and growth. **Any student athlete in possession will be immediately suspended with the possibility of being dismissed from the team.**

3. **“Hands Off”**

1. We expect that all athletes refrain from inappropriate physical contact of any kind. This includes the following behavior or contact: public displays of affection, massaging, fighting, and any other contact deemed inappropriate by the coaching staff.

4. **Social Media**

1. Social media is frequently used by all of our athletes, parents, and members. It is a forward facing, very public representation of our club, our teammates, and the larger NSBR family. All official club social media accounts will be run from within the employment structure of the organization unless indicated otherwise by the Director of Rowing.
2. For personal social media accounts:
 1. Athletes may not “block” one another or use social media to bully or exclude. Teammates are teammates no matter what.
 2. Athletes may not otherwise use their social media to put NSBR in a negative light.

5. **Clothing Policy**

1. All athletes are expected to keep their torso and midriff covered at all times when not actively working out and at all times when middle schoolers and summer campers are present. Athletes are expected to immediately cover their torso and midriff when requested by a coach, chaperone, parent, other adult, another athlete or any other person. Excessive modification of clothing to shorten or be more revealing is prohibited.

6. **Fundraising**

1. Fundraising is a necessary part of keeping our program running. All team members are will be required to participate in team fundraisers in order to be eligible to compete.

7. **Attendance**

1. Rowing is a big commitment of time, energy, and money. It is imperative that all rowers and parents take this commitment seriously. Absences (defined as non-emergency and no prior coach notification) are never acceptable. Absences are, however, inevitable, and sometimes necessary. It is important to understand that rowing is a sport in which boats require certain numbers to be able to train. If the coach cannot adequately prepare for the absenteeism, it may affect other athletes and their ability to train effectively. Therefore, it is imperative that **you** notify **your coach** via GroupMe as far in advance as possible if you need to miss a practice or need to arrive late
2. Rowing is a team sport. For optimal team performance, a crew needs to practice together to prepare for competition. Therefore, being absent from practice will be taken into account when determining race line-ups. Regattas are mandatory. If you miss a race or a practice you may not be boated for the next regatta. ***Attendance records WILL be taken into account for crew selection. Falling under 85% attendance will result in your immediate suspension from the team.***
3. Spring Break attendance is mandatory for all athletes to increase their fitness and finalize crew selections for the championship regattas. ***Do not plan Spring Break family vacations!***
4. We Row
 1. Rain or Shine at the Newport Sea Base Rowing Center.
 2. Except for observed Religious Holidays, Thanksgiving Day, Christmas Day, and New Years Day, there are no scheduled holidays for crew practice. Any other days off are at the coaches' discretion. Try to schedule family vacations, college visits, etc. around practice and race days.
 3. The only acceptable reasons for absences include illness, family emergencies, religious holidays and academic commitments, such as exams.

8. Workout Completion

1. Failure to complete a workout because of an injury must be followed by a doctor's visit and clearance before you are allowed to return to normal practice.
2. Failure to complete a land/erg workout will prevent you from being boated until that workout is completed.