

ARCH CITY ROWING CLUB JUNIOR ROWER CODE OF CONDUCT

1. All athletes are expected to arrive at practice at least 15 minutes early and be prepared to row or train on land.
 2. Athletes are expected to participate in all practices and regattas. Athletes should review their schedules before committing to a practice schedule or registering for competitive rowing. A missed practice is detrimental to the rest of the athletes in the boat and may cause the absent athlete to be moved to a less competitive boat.
 3. Athletes should be attentive to coaches before practice to hear seating assignments and plans.
 4. Athletes should have and display positive attitudes and a willingness to work with and encourage others at all times. Abusive or derogatory language toward another athlete, coach, parent, another crew, or the power boater who just waked you will not be tolerated.
 5. Athletes are expected to attend the entire practice or regatta, unless they have advance permission from the head coach.
 6. All athletes are representatives of Arch City Rowing Club and the sport of rowing and should behave appropriately at all times. Congratulate competitors on a job well done after races. “Good race” goes a long way towards creating good will. All comments about a race shall be held in check until the crew gets off the water and can sit down face to face with the coach to discuss the race.
 7. All ACRC athletes should take an active role in helping all ACRC crews prepare for races (help with shoes, oars, etc.), and ACRC athletes should cheer on ACRC crews whenever possible.
 8. Socializing with other athletes and crews is an important part of a rower’s career, but athletes must be available when needed by the team or coach. We attend regattas to compete.
 9. Any junior member found in possession of tobacco, alcohol, or illegal drugs or found to be using tobacco, intoxicated, or under the influence of illegal drugs by a coach, officer or chaperone, rower, or parent will be suspended from the team.
 10. Any ACRC member who witnesses a junior rower consuming alcohol or using tobacco or illegal drugs at an event shall immediately leave and inform the head coach within 24 hours.
 11. Any violation of these rules or other actions deemed inappropriate may result in exclusion from future races, or if severe enough, expulsion from the club and forfeiture of dues.
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I have read and agree to abide by the Arch City Rowing Club Code of Conduct. I understand that violations of the Code of Conduct can lead to disciplinary action, up to and including cancellation of my membership without refund and exclusion from participation in club activities in the future.

Rower’s Name: _____ **Date:** _____

Rower’s Signature: _____ **Parent/Guardian Signature:** _____