



Commencement Bay Rowing Club Code of Conduct

1. I understand that as a member of the Commencement Bay Rowing Club (CBRC) Junior Team or Middle School team, my behavior is a reflection on CBRC and I will behave respectfully and responsibly.
2. I will be respectful of CBRC coaches, teammates, volunteers, chaperones, and other participants.
3. I agree to accept and carry out instructions of the CBRC coaches, volunteers, and chaperones and report any problems to a coach, volunteer, or chaperone.
4. I understand that as a member of the CBRC Junior Team or Middle School Club, I am only allowed to use the CBRC facility and equipment during regularly scheduled, coached practices, or regattas.
5. I will be respectful of other people's possessions and property and will refrain from activities that may damage either.
6. I understand that I am financially responsible for any damage I may cause when disobeying rules or instructions by CBRC coaches, regatta officials, volunteers or chaperones.
7. I agree to attend and participate in all scheduled practice and activities, and I agree to communicate scheduled and unscheduled absences from practice or events directly to my coach.
8. I understand that I cannot come to practice if I did not attend school or was sent home from school due to illness; I will contact my coach to communicate my absence from practice.
9. I understand that if I am sent home from practice or a team event due to a violation of the code of conduct, it will be at my/my parents' expense.
10. I understand that **ANY** of the following acts are strictly prohibited and will lead to immediate disciplinary action:
 - Commission of a felony
 - Possession or use of any dangerous weapon or object
 - Physical or sexual assault; physical, sexual or emotional intimidation of another person, including:
 - i. Bullying: an intentional, persistent and repeated pattern of committing or willfully tolerating physical and non-physical behaviors that are intended to or have the potential to cause fear, harm, or humiliation
 - ii. Harassment: a repeated pattern of physical and/or non-physical behaviors that are intended to cause fear, humiliation, degradation or create a hostile environment
 - iii. Hazing: coercing, requiring, forcing or willfully tolerating any humiliating, unwelcome or dangerous activity that serves as a condition for joining a group or being socially accepted by a group's members
 - iv. Emotional Misconduct, including verbal or physical acts, or online activity
 - v. Physical Misconduct, including contact or non-contact conduct
 - vi. Sexual Misconduct, including sexual assault, sexual harassment, sexual abuse, or any other sexual intimacies (including online activity) that exploit or threaten an individual
 - Use, consumption, buying, selling or giving away of alcohol, drugs (including prescription drugs for other than their intended purpose by the patient)
 - Theft, including improper possession of equipment belonging to the Pocock Rowing Center, an adult, a teammate or member of another team
 - Destruction or defacing of property
 - Immoral or disruptive conduct, including disobedience of reasonable instructions of crew authorities
11. I understand that **any** individual's failure to abide by these rules can jeopardize the entire group's participation.

I understand this code of conduct and I understand that failure to abide by its rules may result in disciplinary action, including suspension or expulsion from participation in practices and regattas.

Printed Name of Participant:

Participant's Signature:

Printed Name of Parent (if participant is under 18):

Parent's Signature (if participant is under 18):

Date:



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