

Commencement Bay Rowing Club Athlete Code of Conduct

CBRC is committed to promoting a healthy, positive community dedicated to rowing excellence. With leadership, athletes, and parents all working together promoting a cohesive team, we develop positive relationships based on honesty and respect. It is our goal to help our young athletes to become responsible, mature young adults.

Failure to adhere to the conditions and rules listed below will result in disciplinary action. Depending on the severity, the consequences may include a warning, removal from race line-ups, removal from regattas, or expulsion from the team. A rower can and will be held financially responsible for any damage that occurs due to not following these rules. No refunds will be issued in the event that an athlete is removed from the team. Disciplinary action will be determined by the Director of Junior programs in collaboration with the Executive Committee of the Board.

Family Responsibility: Safety and wellbeing are always our primary concern. This includes for time at the boathouse, and while attending regattas. We expect all parents and or adult guardians to exhibit common sense. Athletes are not permitted to drive themselves or other athletes to regattas, so we expect parents/guardians to properly chaperone these athletes and confirm where their charges are located at any given time.

Athlete Behavior – Our Junior and Middle School athletes reflect our club in the community, on the lake, and in regatta competitions. We expect all athletes to show respect and good sportsmanship, projecting themselves and their team in a positive manner. All athletes will exhibit honesty, courtesy, and concern for others. They will not swear, use inappropriate gestures, lie, cheat, or steal. All athletes are expected to exhibit respect for their team, their competitors, and the equipment. Hazing is strictly forbidden.

Drugs and Alcohol: The use of alcohol and illegal and performance enhancing drugs is strictly prohibited at all times. Those found in violation will be immediately removed from the team.

Social Networking: CBRC athletes who access social networking sites (Facebook, My Space, Twitter, Snapchat Instagram) should act responsibly and show respect for the rights and feelings of others. Gossip, insults, libelous, demeaning, or derogatory pictures or comments about others, especially teammates, coaches, or CBRC are strictly prohibited. Threatening or harassing statements or pictures are also prohibited. Athletes should exercise appropriate discretion when using social networks for personal communications with the knowledge that behavior on social networks may result in disciplinary action.

As an athlete at CBRC, I understand that my behavior is a reflection of the club at all times. I understand that it is a privilege and not a given right to be a part of this team. By signed below, I agree to following the code of conduct and understand that failure to comply will result in disciplinary actions that may include removal from a boat, removal from a regatta until my behavior improves, or expulsion from the team indefinitely.

I will refrain from all illegal activities including but not limited to underage drinking, drugs, bullying, harassment (sexual, physical and emotional, or any criminal act.

I will exhibit good sportsmanship and promote commitment to teamwork, and a positive community.

I will show respect at all times towards coaches, teammates, equipment, the boathouse facilities, my opponents, parents and referees.

I will maintain safe and appropriate behavior at all times.

I will hold myself responsible for my own actions regardless of any situation or individuals involved.

Athlete Printed Name _____ Date _____

Athlete Signature _____ Date _____

As the parent/guardian of a CBRC athlete you are also a valued member of our community and a representative of our club. Therefore, it is important that you agree to support your athlete in abiding by this code of conduct and lead by example. By signing below, you are acknowledging your understanding of our code of conduct and the disciplinary actions set forth for failure to comply with at all times.

Parent/Guardian Signature _____ Date _____