



### ALBANY ROWING CENTER 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. Arrival at the scheduled start of practice is LATE. Upon arrival, athletes should: check the gas cans in the launches; get the launches in the water; take oars to the top of the dock; warmup.
2. Athletes shall participate in all practices and regattas committed to. Athletes should review their schedules before committing to a practice schedule or registering for competitive rowing because missed practice will cause the athlete to be moved to a less competitive boat, and a late missed regatta will cause the athlete to be barred from competitive rowing for the season.
3. Athletes shall be attentive to coaches before practice to hear seating assignments and plans.
4. Athletes shall 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. Rowers shall follow the instructions of any coach immediately. Disrespectful or abusive language or actions by athletes towards coaches, coxswains, parents or members of the public at large will not be tolerated and constitute grounds for disciplinary action.
6. Talking in a boat is not just disruptive it is unsafe. The coxswain or bow seat in un-coxed boats is the only person who should be talking unless asked a direct question by a coach.
7. Athletes shall attend the entire practice or regatta unless they have advance permission of coach.
8. All athletes are representatives of Albany Rowing Center, the City of Albany and the sport of rowing and should behave appropriately at all times. Congratulate competitors on a job well done after every race. "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. Rowing is sometimes viewed as an elitist sport and disliked. Rower's polite and sportsmanlike behavior will disprove misconceptions about rowers and the sport of rowing.
9. Junior rowers must race in their team unisuit. Athletes are expected to show pride in their crew team by wearing team t-shirts, hats, jackets and hoodies.
10. All ARC athletes should take an active role in helping ARC crews prepare for races (help with shoes, oars, etc.) and ARC athletes should cheer on ARC crews whenever possible.
11. Socializing with other 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.
12. Any violation of these rules or other actions deemed inappropriate at away races may result in exclusion from future races, or if severe enough, expulsion from the club.
13. Any Junior member found in possession of alcohol or illegal drugs or found to be intoxicated or under the influence of illegal drugs during an ARC activity by a coach, officer or chaperone, will be sent home with his/her parents.
14. Any employee who witnesses junior rowers consuming alcohol at a non-ARC event shall immediately leave and inform the ARC Head Coach within 24 hours. Any coach or employee who provides alcohol to any junior rower or fails to enforce these rules may be dismissed. Any club member found to be in violation of these rules will have membership canceled for the calendar year, and forfeit dues, regatta fees or deposits. The sport of rowing places extreme demands on a person's cardiovascular system. Smoking is not only unhealthy; it compromises the performance of the athlete and any boat in which they race. Any junior rower caught smoking by any coach, officer or chaperone, will be suspended from the team.

ARC HAS ZERO TOLERANCE FOR DRINKING, ILLEGAL DRUG USE AND SMOKING.

I have read and agree to abide by the above 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: \_\_\_\_\_

Rower's Signature: \_\_\_\_\_ Date: \_\_\_\_\_