

MEMBER ATHLETE RULES AND CODE OF CONDUCT

CONSEQUENCES OF MISCONDUCT

Disciplinary decisions are at the discretion of the Club's President and Coaching Staff. Disputes may be appealed in writing to the Board of Directors. Consequences may include, but are not limited to:

- Suspension of on-water activities and/or land training.
- Removal from regatta roster.
- Permanent dismissal from Long Island Rowing Club - with no refund.
- Reporting of illegal activities to the proper authorities.

Violation of any of the following rules is subject to disciplinary action according to Consequences of Misconduct.

GENERAL RULES

All Long Island Rowing Club members ("athletes") shall arrive at practices, meetings and regattas at the properly scheduled time.

- 1) Practice/meeting times will be set by Coaches at the beginning of each rowing season.
- 2) In the event of a change in practice/meeting time(s), Coaches and/or the President will communicate such changes via email prior to the scheduled practice or Coaches will communicate changes in practice schedules at a prior practice.
- 3) All athletes shall be dressed in suitable rowing attire for practice and events. Biking/Rowing shorts, gym (or similar) shorts, sweatpants, sweatshirts, regular fitted T-shirts are considered suitable attire. Jeans, pants, baggy or long fitted shorts, oversized T-shirts, and any kind of cut-off clothing is NOT considered suitable attire. Each athlete shall have sun block and hats available during warm weather, rain gear during inclement weather, and warm clothes (in layers) during cold weather.
- 4) All athletes shall be prepared for any type of practice, either on-water or land training. Athletes who are unprepared will be sent home and have an Unexcused Absence (as outlined in Section 4), for that day.
- 5) If for any safety related reason the coach determines an athlete should not row during a practice or event, that member will be notified accordingly. The coach will then notify the President of the occurrence and submit his/her recommendations. Until the President provides final determination, that member may not be eligible to practice or race in a boat.
- 6) Parents shall not approach the coaches with training remarks and/or complaints. All concerns and wishes must be directed to the President of the Club.
- 7) Parents shall not approach the boathouse or training facility before, during or after practice or the crew trailer during equipment loading, unloading and regatta activities.

1) **SAFETY**

- a) From the moment each athlete arrives at the boathouse or a regatta, safety is of paramount importance and takes precedence over all matters and issues described herein. All athletes are required to strictly follow safety guidelines as directed by the coaches.

2) **ATTENDANCE**

- a) *5-day Training Program* - athletes enrolled in the 5-day training program may not take more than 5 Unexcused Absences during the Spring or Fall training seasons.
- b) *3-day Training Program* – There are no attendance requirements for the 3-day program.

3) **EXCUSED ABSENCES**

- a) Athletes will be excused from practice for religious observances, court appearances, mandatory after-school requirements and illness. Except for illness, these absences must be submitted in writing to the head coach at least 24 hours prior to the absence.
- b) In the event of illness, the athlete is required to inform the head coach by phone the same day and provide a doctors note if requested by the coach. Illness is defined as absence from school on a particular day(s),
- c) If on-water practice attendance is poor creating safety concerns for the athletes, even if absences are excused, the coach may eliminate individual members and potentially the absent athletes entire boat(s) from practice and from competing at a regatta.

4) **UN-EXCUSED ABSENCES**

- a) An Un-Excused Absence is defined as any absence not outlined in the Excused Absence section. Excessive Unexcused Absences will, in most cases, result in dismissal from the team.
- b) Any notification with less than 24-hours notice, except for Emergencies and same-day illness, will be considered an Unexcused Absence.

5) **EMERGENCY ABSENCES**

- a) These will be handled on an individual basis and must be reported to the head coach by the athlete and/or the parent.

6) **PRACTICE DISMISSAL**

- a) All athletes shall remain at the boathouse, training facility, or trailer site until dismissed by the coach. Before dismissal, each athlete shall make sure all rowing equipment, regardless of ownership, has been properly stored and locked-up in its designated place.

7) **REGATTAS**

- a) Regatta Attendance
- i) 5-day program - All 5-day program athletes must attend all assigned regattas.
 - ii) 3-day program – 3-day program athletes will be assigned to race in certain regattas if their experience level warrants participation. If assigned to race in a regatta(s) 3-day program athletes are required to participate.
- b) Regatta Departure
- i) Attending athletes must remain at the regatta event according to coaches' instructions.
- c) Regatta Eligibility
- i) Each novice athlete must complete at least fifteen (15) “on-water” practices in any given season before being allowed to participate in an event. A novice member is defined as having less than two seasons of experience. All athletes have mandatory pre-regatta de-rigging and post-regatta rigging obligations.
 - ii) Each experienced (or varsity) member must complete at least ten (10) “on-water” practices in any given season before being allowed to enter an event. All athletes, regardless of attendance, must exhibit good rowing technique, as solely determined by the coaches, as well as good health before being allowed to participate in a regatta.

8) **PRE-REGATTA AND POST-REGATTA DE-RIGGING AND RIGGING**

- a) On scheduled regattas/race days, all athletes must be available for every regatta without exception.

- b) Athletes will be responsible for:
 - i) de-rigging and loading boats onto the trailer at the boathouse
 - ii) offloading and rigging boats at the race event
 - iii) de-rigging and loading upon completion of the regatta
 - iv) rigging and securing the boats back at the boathouse as determined by the coach and trailer driver and announced to all athletes at the end of each event.

9) TARDINESS

- a) All athletes must adhere to the coaches' tardiness rules as communicated verbally at the beginning of each training season by the head coach.

10) SEATING ASSIGNMENTS

- a) Athletes and parents/chaperones will accept the coach's decision regarding boat seat assignments during practices and race events. Refusal to accept a seat assignment may result in dismissal from the team.

11) ATHLETE HEALTH

- a) If the athlete has a health related issue, i.e., asthma, allergies, etc., requiring medication of any kind (epi-pens, inhalers), the physician must certify that the athlete is physically fit to participate in strenuous athletic activities despite the condition.
- b) Parents will be responsible for providing new unopened and labelled medical supplies that their child may need. Such medications will be held by the Coach and if un-used during the season, return to the athlete after the season ends. All athletes shall maintain, at a minimum, good physical condition throughout each season. Any evidence to the contrary as solely interpreted by the coach, may result in suspension of rowing privileges. The coach will present any health related concerns and his/her corresponding recommendations to the President for final ruling. Rowing privileges will be restored only after the subject athlete has had their good physical condition re-certified to the satisfaction of the coach and the President.

12) SWIM TEST

- a) Parents or guardians must certify in writing that that their child is able to tread water unassisted for 15-minutes without touching bottom and swim 50 meters unassisted.

13) BEHAVIOR

- a) All athletes are expected to conduct themselves in a safe and "sportsmanlike" manner at all times. When attending any rowing practice or event, each athlete is expected to help or ask for help whenever and whenever necessary. Athletes shall treat each other, the coach, President, members of the Board, all parents, Sagamore Rowing Association members, and all other crew teams with the utmost regard and respect at all times. If any member shows disrespectful or disruptive behavior as determined by the coach, the President or any member of the Board, that athlete shall correct or change the offending behavior immediately.
- b) Any athlete or their parents/chaperone shall not knowingly act or behave in such a way as could cause, attempt or threaten physical injury to any other athlete, coach, management or parent/chaperone or competitor.
- c) Any athlete or their parents/chaperone shall not demonstrate manifest disrespect toward any other athlete, coach, management or parent/chaperone or competitor. Actions may include, but are not limited to, verbal or nonverbal disrespect, psychological, material abuse, or lying.
- d) Athletes or their parents/chaperone shall not threaten any other person. Threatening behavior consists of any words or deeds that intimidate or cause fear concerning a person's health or physical well-being.
- e) No athlete or his or her parents/chaperone shall commit libel or slander. Libel is defamation expressed by print, in writing, by photographs or video, or signs while slander is verbal and/or spoken defamation.
- f) Athletes or their relatives shall not engage in cheating or misrepresentation of the facts. Violations include, communication to any other party, including but not limited to, other clubs, coaches, crewmembers, parents, athletes, and officials.
- g) Athletes or their relatives shall not harass by exacting unnecessary or disagreeable work, ridicule or playing abusive or humiliating tricks by way of initiation toward other athletes, coaches, the President, board members, or any other person conducting business for the LIRC.

- h) Any other inappropriate action, like possession of weapons or other dangerous instruments, theft or possession of stolen property, damage to private property, damage to Long Island Rowing Club property, disruptive behavior, and other disorderly conduct, use of obscene language or gestures, public display of affection, will be subject to the Consequences of Misconduct.
- i) Athletes are not permitted to practice or row in any capacity with any other organization while belonging to Long Island Rowing Club. Exceptions are collegiate summer crew camps, collegiate weekend training camps and U.S. National Team try-outs. For any other event, the athlete is required to inform the President and head coach in writing at least 2 weeks before the event, and await his (her) consent that no conflict of interest exists.
- j) Registration, payment and regatta waiver deadlines are to be strictly met.
- k) Details of training plans and workout routine are property of the coaches and/or club and may not be communicated or shared with anyone.
- l) No communication with the press by any athlete or their relatives about Long Island Rowing Club or Sagamore Rowing Association is permissible without the consent of the President.

14) TRAVEL CODE-OF-CONDUCT

- a) At all times, athletes are expected to show proper courtesy, cooperation and respect for the chaperones, fellow athletes and coaches, and must be willing to abide with their decisions.
- b) Athletes are expected to follow the itinerary, participate in planned activities and practices.
- c) Athletes will be held responsible for any damage or loss of property at all times on the trip.
- d) There will be no drinking alcoholic beverages, drug use or smoking at any time on the trip.
- e) Any athlete who finds it necessary to call a doctor in case of illness will be responsible for paying the bill.
- f) There will be no mixed groups in hotel rooms; any meeting of mixed groups will take place in chaperoned rooms.
- g) Athletes shall not allow strangers to enter their rooms nor enter the room of strangers.
- h) Money and valuables should not be left in unattended rooms.
- i) Athletes may not go off on his or her own.
- j) When assigned to a group, coach or chaperone, athletes – under no circumstances – shall leave that group, coach or chaperone.
- k) By agreeing to these rules athletes are giving coaches and chaperones the right to enter and inspect a room at any time that a coach or chaperone feels such entry is necessary.

Member / Athlete

Signature: _____

Name: _____

Date: _____

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Parent / Guardian

Signature: _____

Name: _____

Date: _____