

Student and Parent - Athlete Code of Conduct

Student-athletes of Friends of Shenendehowa Crew (FOSC) are representatives of the club. Student-athletes often are in the spotlight and, fair or not, their behavior is subject to scrutiny by their peers, members of the community and at times by the media. The actions of one student-athlete may result in a generalization of all student-athletes and other FOSC members and reflects on the individual and their team, whether it be positive or negative. As such, all members of FOSC (students, parents & coaches) are expected to exhibit good sportsmanship at all times.

The code shall apply for one calendar year (including summer) from the date of the student-athlete's and parents most recent signature and will be in effect at all times, in all locations, including non-rowing related activities.

Athletes and parents agree to the following rules of behavior:

1. Respect their coach and teammates. Follow all team guidelines set by coaching staff.
2. Respect race officials. Accept their decisions without gesture or argument.
3. Respect the person and the property of others such as cell phones, backpacks, clothing in locker room etc. This will also include being respectful and careful with the equipment of the rowing club.
4. Treat opponents with respect, win without boasting, lose without excuses and never quit.
5. Athletes will not lie, cheat or steal and will not condone such action on the part of others.
6. Swearing and inappropriate gestures are not allowed.
7. The use or possession of alcohol and/or illegal and performance enhancing drugs is strictly prohibited by all athletes. Parents are not allowed to have alcohol at team food tents or trailers during events.
8. Attend practices with regularity and intensity. Notify the coaches when planned absences must occur. Be aware that repeated absences from crew will most likely affect your boat placement. Boat line ups are coaches' decisions, can be changed at any time and are not guaranteed due to seniority.
9. Exercise self-control at all times setting the example for others to follow. Show good sportsmanship if you are not chosen for your desired boat and support your team regardless of your own feelings.
10. Put the best interest of the club and of their teammates ahead of their personal interests.
11. Athletes will not engage in the following activity/behaviors, either in person or over the internet/social media as these activities/behaviors are **strictly prohibited** by FOSC and the US Rowing Safe Sport Program: Bullying, Hazing, Harassment (including sexual), Emotional, Physical, and Sexual Misconduct, Possession and/or Use of Drugs or Alcohol, Possession and/or Use of Tobacco Products, Hosting of Drinking/Drugs Parties, Stealing, Destruction of Property.

Examples of such behaviors include:

Verbal: name-calling, teasing, inappropriate sexual comments, taunting and threatening to cause harm.

Social: spreading rumors about someone, excluding others on purpose, telling other students not to be friends with someone, embarrassing someone in public at event or practice.

Physical: hitting, punching, shoving, kicking, pinching, spitting, tripping, pushing, taking or breaking someone's things, encouraging someone to do something dangerous to get approval.

See the US Rowing Participant Safety Handbook on the US Rowing website for complete descriptions and examples <http://www.usrowing.org/Safety/SafeSport.aspx>

12. Student- athletes alleged to have broken local, state and federal laws will be subject to team sanctions upon a case by case review. Violations involving physical and/or sexual violence, use of illegal weapons, or being under the influence or distribution/possession of drugs or alcohol will be subject to immediate suspension from team activity pending further investigation.
13. The executive director has the right to terminate your membership with the team if you have violated the code of conduct.
14. The following rules apply to all travel situations, whether local or long distance:
 - Student-athletes will respect all local rules and traditions. Athletes will conduct themselves properly in hotels and at regatta sites and will stay with the team at all times unless approved otherwise by coach, executive director or chaperone.
 - Student-athletes must travel to and from the regatta with a parent, legal guardian or approved chaperone. When team travel is required, athletes must travel with team. Exceptions must be pre-approved by the Head Coach and the head chaperone must be informed in writing.
 - Student-athletes must abide by time schedules established by the coaching staff. Chaperones will assist in implementing the schedule.
 - The travel coordinator or Head Coach will determine room assignments. There may be up to 4 student-athletes per room. Student-athletes are expected to share beds. Boys and girls are not permitted in each other's rooms at any time unless directly supervised by coach or approved chaperone.

**Parent/Guardian Signature is part of the online registration

Student-athlete Signature

Date signed

By signing the above, the student-athlete and parent/guardian agree that they have read and fully understand the Friends of Shenendehowa Crew Student-Athlete Code of Conduct. The student-athlete and parent agree to abide by all rules, guidelines, and restrictions in this document. By signing this document all parties agree to abide by all decisions of the executive director as final.