

Sammamish Rowing Association Athlete & Coach Code of Conduct

The Ultimate Team Structure

To be successful in achieving our mission, it is essential that families, athletes, coaches, staff and the Board work together as a cohesive team. Working together, we will have a strong influence on our relationships that can be based on civility, honesty, and respect, and by helping young people become educated, mature, and responsible young adults. We will, individually and collectively, do our part to create and maintain trust, respect, and care throughout the club by accepting responsibility for our own actions and those of others. We make this commitment to ensure that each of us may grow both in knowledge and in wisdom and that we may leave this organization having enriched it by our presence.

Failure to adhere to the conditions and rules as outlined below will result in disciplinary action. Depending on the severity of the violation, consequences may include a warning, removal from a race line-up, removal from all regattas until behavior improves, or expulsion from the team. A rower can and will be held financially responsible for any damage that occurs due to disobeying rules. No refunds will be issued in the event that an athlete is removed from the team for a failure to abide by the code of conduct. The Sammamish Rowing Association grants the Head coaches and the Executive Director broad discretion in choosing and imposing consequences of athlete violations.

Family Responsibility

Our athletes' safety and wellbeing are of principal concern, whether at the Boathouse, at races, on their school campus, or off campus in their private moments. In this spirit, we ask that SRA families, as members of this community, work cooperatively with SRA to ensure the wellbeing of the athletes who are in our mutual charge. Families must comply with laws designed to safeguard young people, such as those governing health codes and consumption of alcohol and other drugs. SRA presumes the use of common sense and responsibility by SRA parents or guardians. We presume that parties are properly chaperoned; that families confirm where children will be and under what specific conditions; and that athletes are guided to respect and obey the laws of the land and the rules of the Sammamish Rowing Association.

Athlete Behavior

Athletes are the spokespersons for our organization when they represent us in the community, on our lake and in athletic competition. Their actions are viewed by family and friends, opposing rowers, the local community, and the media. Their display of good sportsmanship will show the most positive things about themselves, their team, their coach and our program. Integrity, fairness, and respect are inherent principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results. Swearing and inappropriate gestures are not allowed. Athletes will base their actions on honesty, integrity, and concern for the welfare of others; in doing so they will not lie, cheat or steal and will not condone such action on the part of others. Athletes will respect both the person, the property of others and the equipment of the rowing club. Athletes will behave respectfully toward one another and towards our competitors. Athletes will refrain from all hazing.

Drugs and Alcohol

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

Social Networking

SRA athletes who access social networking sites (Facebook, My Space, Twitter, etc.) should act responsibly and show respect for the rights and feelings of others. Gossip, insults, and libelous, demeaning, or derogatory pictures or comments about others, especially teammates, coaches or the Sammamish Rowing Association 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.

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As an athlete at the Sammamish Rowing Association I understand that my behavior and conduct is a reflection of the club at all times. I understand that it is a privilege and not my right to be a part of the team. By signing this I agree to the following code of conduct and understand that failing to comply will result in disciplinary actions that can include: my removal from a race line-up, my removal from all regattas until my behavior improves, or expulsion from the team indefinitely.

1. 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.
2. I will protect the team and uphold SRA's values of good sportsmanship, physical fitness, commitment, teamwork, community and camaraderie, respect for our surroundings, and a love of rowing.
3. I will show respect at all times towards coaches, teammates, equipment, the boathouse, my opponents, parents and referees.
4. I will maintain safe and appropriate behavior at all times.
5. I will hold myself responsible for my own actions regardless of any situation or individuals involved.

Athlete/Coach Printed Name _____

Athlete/Coach Signature _____ **Date** _____

As the parent or guardian of an SRA athlete you are a valued member of our community and a representative of our club. Therefore, it is important that you agree to support your athlete in upholding this code of conduct and leading 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 it at all times.

Parent Signature _____ **Date** _____