Junior Rowing Program Rules and Policies

Athletes and parents please initial on each line below and sign the bottom.

___ ___ Athletes and parents are expected to at all times act with good sportsmanship towards both teammates and competitors.

___ ___ Inappropriate use of language at the boathouse, on the river, and at regattas will not be tolerated.

___ ___ 3 unexcused absences will result in dismissal from the program for the remainder of the season. An athlete must inform a coach in person or by phone (have a note left in the coach’s mailbox) of an absence 48 hours in advance. Athletes can not expect their seat to be held due to tardiness, absence or having to leave early. We will not guarantee that an athlete needing to leave early will be off the water on time.

___ ___ Athletes will be on time to practices and regattas. Practice time is not social time. All athletes are expected to be in proper workout attire and ready to work at the start of practice. Practice is not completed and athletes cannot leave until a coach has dismissed them.

___ ___ Athletes and parents will follow all drop off/pick up policies as stated in the Parent/Athlete Handbook. Traffic patterns and signs are to be followed at all times.

___ ___ Athletes may use the locker rooms to change and use the lavatory facilities. Athletes are not permitted to use the lockers, showers, or steam room. All athletes’ belongings must be stored in the cabinet outside near the boathouse.

___ ___ All athletes and parents must respect that our club is simultaneously used by other adult club members and thus act responsibly and respectfully at all times.

___ ___ Athletes are not to workout at the club outside of regularly scheduled practice times or posted boathouse hours. During these posted hours athletes may workout in the boathouse only and must sign in at the front desk.

___ ___ Athletes and parents will follow and respect all rules of the club (as stated in the Parent/Athlete Handbook) and river (as stated in the Rules of the River).
Junior Rowing Program Code of Conduct

All Saugatuck Rowing Club junior athletes and parents are expected to consistently demonstrate the highest levels of conduct, sportsmanship and behavior while representing the club. Parents and athletes are required to sign the Code of Conduct form each year.

- The use of alcohol, tobacco and illegal substances is prohibited at all times during the season. Use of such substances on club grounds or while representing SRC at a regatta will result in immediate dismissal.

- Inappropriate behavior (such illegal acts, unsportsmanlike-like conduct, theft, fighting, and vandalism) is prohibited. Illegal acts while on club grounds or while representing SRC at a regatta will result in immediate dismissal.

- Conduct which results in harm, potential for harm, or the imminent threat of hard (including bullying, hazing, harassment, emotional misconduct, physical misconduct and sexual misconduct) will not be tolerated and will be grounds for immediate dismissal as well as reported to the appropriate authorities.

- All athletes are encouraged to:
  - Report honestly and immediately all incidents of bullying/cyber bullying/harassment to SRC staff.
  - Avoid becoming involved in bullying incidents, both in person or on the internet
  - Support rowers who have been or are subjected to bullying/cyber bullying/harassment.
  - Talk to SRC staff and/or parents about concerns regarding bullying/cyber bullying/harassment.

- Athletes will at all times act with good sportsmanship towards both teammates and competitors as well as act responsibly and respectfully towards other club members, the boathouse and the equipment.

- As a member of the Saugatuck Rowing Club Junior Program both athletes and parents recognize that they representative Saugatuck at the boathouse, at regattas, and in their community. As a result they are expected to be a role model at all times and take responsibility for their actions.
Athletes who violate the Code of Conduct will incur the following consequences:

**First Offense:**
The first violation will be a warning. Any SRC coach or any staff member can issue warnings. Staff members issuing warnings must inform the head coach. The head coach will request a meeting with the athlete and their parents.

**Second Offense:**
The second violation will result in an immediate dismissal from the program, without refund.

If a coach or staff member judges that a violation is sufficiently dangerous or improper, they can dismiss an athlete from the program without a first warning and without refund.

This agreement shall remain in effect for one year. Violations of these policies, other rules set forth in the Parent/Athlete Handbook (found on the SRC webpage [www.saugatuckrowing.com](http://www.saugatuckrowing.com)), or rules presented to the athletes during the season may result in suspension or dismissal from the program without a refund.

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