

# **CALGARY ROWING CLUB CODE OF CONDUCT**

Members will adhere to the Club Rules, including Safety Rules, or accept penalties, that the Club Captains and / or the Board of Directors deem appropriate.

At the Calgary Rowing Club, we expect athletes to strive to reach their potential and encourage them to participate in the sport of rowing. It is expected that the rowing experience will be enjoyable to the athlete, provide an opportunity for them to develop individual skills while learning the values of good sportsmanship, team play, competition, loyalty and dedication.

Participation in rowing is a privilege and not a right for our athletes. We have a zero tolerance policy regarding the possession or use of illegal drugs, as well as a zero tolerance policy regarding the possession or use of tobacco and alcohol for minor aged athletes.

We expect athletes to represent their school, region, community, and club with dignity, respect and good sportsmanship. This is particularly important at all regattas and regatta trips. In addition, all athletes must:

- Treat officials, coaches, opponents, teammates and volunteers with respect,
- Control their emotions at all times and never argue with officials or volunteers,
- Never swear, cheat or 'grandstand',
- Keep physically and mentally fit and observe training rules set by their coach, and
- Represent the Calgary Rowing Club with respect and dignity at all times.

Athletes will discuss the Code of Conduct and the Calgary Rowing Club Rules with their coaches/advisors, parents/guardians and teammates, and will make a commitment to the rules and the code by signing it at the beginning of the season.

The Calgary Rowing Club reserves the right to enforce the Code at any time and with any level of penalty when it is deemed that an athlete's behaviour detracts from the image and standards of the club. A penalty may be extended to include another season or the next year, at the discretion of the Board. Decisions made regarding the enforcement of the Code will be communicated to the athlete and his/her parents/guardians. The athlete or the parent may request a review by the Board by contacting the President, within thirty (30) days of the notice.

## **UNSUITABLE BEHAVIOUR**

This list describes examples of behaviour which after investigation and a finding by the Board that the like behaviour has occurred, shall be deemed to be unsuitable behaviour and not in the best interests of sport

1. 'Sledging' other rowers, officials or event organizers. Sledging is defined as a statement which is deemed to denigrate and/or intimidate another person
2. Excessive use of alcohol, acting in a way that becomes a public nuisance or creates a public disturbance.
3. Relations (sexual or otherwise) between a coach, manager or support staff and a rower who is less than eighteen years of age, irrespective of the wishes and desires of that rower, are absolutely forbidden.

4. Relations (sexual or otherwise) between a coach, manager or support staff personnel and a rower who is eighteen years of age or more of the same team are forbidden and may amount to unsuitable behaviour. Where a long term relationship already exists, other coaches will be brought in to assist in certain decisions (i.e. selection).

5. Harassment, sexual or otherwise. Athletes should always respect the rights of others. Thus any behaviour which is intimidating, hostile or offensive is strictly prohibited. This includes but is not limited to telephone calls, logbook entries, email, looks, gestures, touching, teasing, jokes, remarks, innuendoes and questions of a harassing nature or in any way threatens the safety of others

6. Changing or switching hotel room arrangements from original rooming lists when off site. This creates stress on other roommates and will not be tolerated. If you wish to make separate hotel arrangements, you may do so under your own name, with no affiliation of the Calgary Rowing Club. No co-ed rooms will be booked by the Calgary Rowing Club.

### **Rule Enforcement**

Coaches/ Executive /Manager Board

The Board will consist of the coach involved, the Calgary Rowing Club Executive and Club Manager. They will evaluate any accusation and if it is found to be a true and serious infraction of the Rules, they will decide what action to take.

### **Consequences**

For major infractions, like alcohol, drug or tobacco use, or acts affecting the safety of others, the athlete will be automatically suspended for one month. If the athlete shows no remorse or does not take responsibility for his/her actions then that person will not be allowed to return to the team. However, there are occasions when people make mistakes and for those instances, the board might take a more lenient action and allow the athlete to return under probation. If a major offense is repeated, the athlete will be automatically and permanently removed from the team. For lesser offenses and circumstances not covered by the above, the Board will decide on the appropriate action.

### **Offenses at any Regatta or during any Regatta trip will supersede the above consequences:**

In addition to the Board's decision as above, the athlete will be removed from that regatta if the athlete has any races left to complete. If the athlete is finished racing, then they will not be allowed to compete in any events at the next regatta. The athlete must reimburse the Calgary Rowing Club in full for any entry fees and/or scratch fees, including team entries, of all incomplete races. The athlete will not be allowed to enter any upcoming regatta until all fees are up to date. Payments for accommodation/transportation will not be refunded since budgets are based on that individual completing the trip. The athlete will be sent home immediately at their **own** expense.

## **Junior Rules and Regulations (in addition to General Rules)**

The Calgary Rowing Club wants to make it very clear that we have absolutely **no tolerance for underage drinking, smoking, drug use, or other inappropriate behavior**. As a junior rower, you will be expected to abide by the rules of the Club. Listed below are the rules and the punishment for breaking them.

### **Rules**

**1. No alcohol, drug usage or smoking is allowed while the athletes are rowing for the Calgary Rowing Club.** This would extend from the first day of practice to the last day of the membership season.

### **2. Behavior on Regattas:**

- ✓ Athletes will respect other hotel guests and hotel property. Noise levels must be kept down at all times
- ✓ Athletes of the opposite sex are NOT allowed into each other's hotel rooms, except when a coach or chaperone is present.
- ✓ There will be *no switching hotel rooms* from the rooming list that was given to hotel management by the Club Manager
- ✓ The coaches will provide times for "lights out". After "lights out" athletes are restricted to their assigned rooms. Athletes will respect and follow the instructions of adults accompanying the team on trips, including adult CRC members, chaperones and bus drivers.
- ✓ No trash should be left in or around any of the places used by the rowing team, such as the bus or the hotel public areas.
- ✓ On out of town trips, athletes may not leave the team without permission of their coach.
- ✓ No one except coaches, chaperones or other registered rowers will be allowed in the hotel rooms or on the bus without prior approval from the head coach (no guests)

### **Parents' Role**

Parents should be aware of the expected behavior outlined above. Parents and the athlete are required to sign this Code of Conduct form attesting to the fact that they are aware of the rules of the club and will abide by them. We strongly encourage parents to keep track of where their kids are after regular practice time or when practice has been canceled, and to see that they have appropriate rides home from the bus after a regatta. We also want parents' cooperation in making sure that no alcohol, drugs or tobacco is available to juniors in their homes.

I have read this information and the handbook. I understand and will abide by these rules:

\_\_\_\_\_  
Calgary Rowing Club Junior Rower

\_\_\_\_\_  
Date

\_\_\_\_\_  
Calgary Rowing Club Junior Rower – Parent (s)

\_\_\_\_\_  
Date