



Junior Program Code of Conduct

Our athletes' safety and well-being are of principal concern. In this spirit, The St. Louis Rowing Club (SLRC) asks our SLRC Junior Rowing families to work cooperatively with the SLRC to ensure the wellbeing of the athletes. The SLRC and its coaches want to make it very clear that we have absolutely no tolerance for underage drinking, smoking, drug use (including performance enhancing substances – as prohibited by the World Anti-Doping Agency), or other inappropriate behavior. Actions or conduct that negatively impact an athlete's ability to perform to his/her fullest capability, or actions that reflect in a negative light on the club or its members, will be considered a breach of this Code. 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 St. Louis Rowing Club. This would extend from the first day of practice to the last day of the racing season, including post season championships. This would also extend into the summer if the athletes opt for summer rowing.
2. Athletes should always respect the rights of others. Thus any behavior which is intimidating, hostile or offensive is strictly prohibited. This includes but is not limited to telephone calls, logbook entries, email, social media, looks, gestures, touching, teasing, jokes, remarks, innuendoes and questions of a harassing nature or in any way threatens the safety of others. Athletes should demonstrate and uphold high standards of good sportsmanship at races and in practice.
3. Behavior Around the Boathouse and Lake:
 - Rowing Club activities or facilities cannot be used as a cover for any inappropriate activities.
 - Club Members should be on good behavior in Creve Coeur Park. County Parks has been increasingly critical of horseplay in the parking lot, reckless driving, parking in lanes, and driving across the grass.
 - No trash should be left in or around any of the places used by the rowing team. This includes water bottles, socks, articles of clothing, etc.
 - No horseplay inside or outside of the boathouse/dock. All athletes must respect that our club is simultaneously used by other adult club members and thus act responsibly and respectfully at all times.
4. Behavior on Regattas:
 - Bus Behavior: No sitting or sleeping in the aisles; Only "G" through "PG13" rated movies allowed to be shown; no profanity or lewd language allowed and the bus must be kept clean of trash.
 - Athletes will respect other hotel guests and hotel property. Noise levels must be kept down, especially when the team arrives late at night.
 - Athletes of the opposite sex are NOT allowed into each other's hotel rooms, except when a coach or chaperone is present.
 - 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 SLRC 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 and notification to a chaperone by an adult.
 - All athletes will travel to and from regattas and stay in the hotel with the team. Exceptions will only be made under special circumstances with advance written request from the athlete's parents and subsequent permission of the coach.

- If a school/family function requires an athlete to come or leave a regatta separately from the bus, the coach must be notified two weeks in advance, and must give the athlete permission to travel separately. The coach will notify the travel coordinator so that chaperones will be aware for roll call, etc. Without that permission, the athlete will not be allowed to participate in the regatta even if traveling with his/her own parents. Athletes will not be allowed to drive themselves or ride with other teens to a regatta. Traveling separately from the team is strongly discouraged, since it detracts from team bonding and makes chaperoning more difficult. (Note: If permission is granted, it does not lessen the amount the athlete must pay for the trip.)
- 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.

RULE ENFORCEMENT

Coaches Board

Underage drinking, other illegal activities, or rule violations will be reported to the athlete’s parent or guardian, to the President of the SLRC Executive Committee and to the Head Coach. A Coaches Board will be convened by the Head Coach to 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. The board will consist of at least two coaches, including the coach of the athlete involved.

For major infractions, like alcohol, drug or tobacco use, or acts affecting the safety of others, the athlete could 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 Coaches Board will decide on the appropriate action.

Parents’ Role

Parents should be aware of the expected behavior outlined above. Parents and athletes 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. Families are expected to comply with laws designated to safeguard young people, such as those governing health codes and consumption of alcohol and other drugs. The SLRC does not sponsor any rowing party over the course of the year that is held in private homes, or are not open to the SLRC membership.

I, _____, as a student/athlete, have read the above Code of Conduct for participation in the SLRC and agree to abide by its rules.

Athlete’s Signature _____
Date

I, _____, as a parent/guardian of the above student/athlete, have read this Code of Conduct for participation in the SLRC and agree to abide by its rules.

Parent/Guardian’s Signature _____
Date