



St. Louis Rowing Club

SLRC CONDUCT PLEDGE FOR JUNIOR ROWERS

I recognize and respect that I have a responsibility to myself, my family, my teammates, my coaches, my St. Louis Rowing Club ("SLRC" or the "Club"), and my St. Louis community to conduct myself in ways that build my Club and the legacy that I leave behind. Accordingly, I commit to each and all of the following:

1. I commit to be an enthusiastic member of SLRC every day. My actions and words will be constructive and I will support my own goals, my team and my Club in a positive manner.
2. I commit to be present for practices and regattas, to be on time, and to come prepared to work hard for myself and my team. I understand that absences impact my whole team, and I will contact my coach if I need to miss a practice or regatta due to an emergency, illness, or unavoidable academic or family conflict.
3. I commit to take my responsibilities to the Club and to my team seriously, to listen to my coaches and coxswains, and to do what is expected of me to make myself and my team better every day.
4. I commit to treat Club equipment and facilities with care and as authorized by my coaches, and to follow Club safety rules in and around the Boathouse, on the dock, on the lake, and at regattas.
5. I commit to my own personal health and wellness, to my school work, and to be the best person and rower that I can be.
6. I commit to not smoke tobacco or use other smoking products, alcohol or drugs.
7. I commit to treat my teammates, coxswains, coaches, chaperones, regatta officials and volunteers, and others I come in contact with in the course of my rowing experiences with respect at all times. I will refrain from using profanity and insulting language, and will not engage in any type of verbal, physical or sexual harassment of others of any kind, in person or online.
8. I commit to actively mentor new rowers and younger Club members. My actions and words will demonstrate how to work positively toward individual and team goals, engage in good sportsmanship, and build a lasting legacy for our Club.
9. I know that my legacy to SLRC will be how I carry myself every day, how I act toward others, how I talk to others, and how I commit to my own preparation, to my team and to my Club.

10. To this end, I will act and take actions that demonstrate my own integrity as well as my commitment to protect the integrity of my teammates and the Club.

11. I know that there will be consequences if I do not conduct myself in accordance with these principles. I have read the SLRC Code of Conduct, and recognize that if I fail to uphold this Conduct Pledge, I can lose rowing privileges and/or my membership in the Club. If I have any doubt or question about appropriate behavior or expectations, I will ask my coach for guidance.

Parent/Guardian Role

Parents or Guardians should be aware of the expected behavior outlined in the SLRC Code of Conduct and this Conduct Pledge. Parents or Guardians are required to sign this Conduct Pledge as well, attesting to the fact that they are aware of the expectations of the Club and will support their Junior Rower(s) in abiding by them.

I, _____, as a student/athlete, have read the SLRC Code of Conduct and this Conduct Pledge, and I have watched the US Rowing Safety Video, and I agree to abide by these rules and expectations.

Student/Athlete Signature

Date

I, _____, as a parent/guardian of the above student/athlete, have also read the SLRC Code of Conduct and this Conduct Pledge, and watched the US Rowing Safety Video, and I agree to support my student/athlete abide by these rules and expectations.

Parent/Guardian Signature

Date