



PARENT / GUARDIAN CODE OF CONDUCT AGREEMENT

As a parent in the St. Louis Rowing Club, you agree to abide by and follow the rules and guidelines below:

Article 1: Maintaining a Positive Environment

1.1 I understand that the use of foul language or threats of violence towards anyone (coaches, SLRC club members including athletes, officers and parents, officials, or spectators) will not be tolerated. I will not engage in any language or actions with the intent to initiate, hurt, intimidate, undermine, or humiliate anyone (coaches, SLRC club members including athletes, officers and parents, officials, or spectators) I will not tolerate these acts from anyone (coaches, SLRC club members including athletes, officers and parents, officials, or spectators). These acts shall be considered harassment and will result in the immediate removal from the practice or the event including virtual meetings.

1.2 I will not post on any social media site with the intent to initiate, hurt, intimidate, undermine, or humiliate anyone (coaches, SLRC club members including athletes, officers and parents, officials, or spectators). The posting of negative, demeaning or derogatory comments will not be tolerated. These acts shall be considered harassment and may result in the immediate removal from the club. Furthermore, if I see anything of concern from or about anyone (coaches, SLRC club members including athletes, officers, and parents, officials, or spectators) on a social media site, I will immediately contact my rower's Parent Representative. As a parent, I understand that I am accountable for the actions of my rower on social media sites. I will stress to my rower the importance of proper conduct on these sites and provide parental oversight to prevent any type of cyber-bullying by my rower.

1.3 I (and my guests) will not engage in any kind of unsportsmanlike conduct with anyone (coaches, SLRC club members including athletes, officers and parents, officials, or spectators) such as booing, taunting or using profane language or gestures. I will maintain self control at regattas, practices and other club events including virtual meetings.

1.4 I (and my guests) will be a positive role model for my rower and encourage sportsmanship by showing respect and courtesy, and demonstrate positive support for everyone (coaches, SLRC club members including athletes, officers and parents, officials, or spectators) at every regatta, practice or event including virtual meetings.

1.5 I will not encourage any behaviors or practices that would endanger the health and wellbeing of anyone (coaches, SLRC club members including athletes, officers and parents, officials, or spectators)

Article 2: Interactions with Coaching Staff and Board of Directors

Preamble: I recognize the expertise of the St. Louis Rowing Club Coaching Staff is the reason for the success of SLRC. I further recognize that the Coaching Staff has to make difficult decisions about the proper approach to practice and competition and those decisions, once made, should be accepted as final and not challenged by parents who might disagree with them. Therefore:

2.1 I will encourage my rower to compete by the rules and to resolve conflicts without resorting to hostility or violence. I will insist that my rower treat everyone (coaches, SLRC club members including athletes, officers and parents, officials or spectators) with respect.

2.2 I will never publicly criticize or yell at my rower or other participants for making a mistake.

2.3 I will not become confrontational about decisions made by the coaching staff or the SLRC Board of Directors. Specifically I recognize that the coaching staff working closely with the Board of Directors has absolute and final authority to determine:

- a) The manner and structure of practice,
- b) When and how often practices occur,
- c) Placement of rowers and coxswains in boats and in seats,
- d) Which regattas to compete in and which boats, rowers and coxswains will compete,
- e) Which rowers and coxswains make which or any squad,
- f) Which assistant coaches to employ over what time periods and practices to assist the lead coach and head coach,
- g) Which lead coaches coach which squads,
- h) How regattas are supported in terms of logistics for food, travel, accommodations, chaperones and regatta day activities such as trailer loading and unloading, boat launch and retrieval support on and off the docks including gathering and retrieving of oars and equipment.

2.4 Unless the issue involves a question of immediate safety or an issue covered by the *Minor Athlete Abuse Prevention Policy, (MAAPP)* I will follow the following steps when I disagree with the approach of coaching staff or Board of Directors:

- a) My first approach will generally be to work through the issue with my rower and encourage them to bring issues to their coach and have the rower seek guidance on how to resolve the issue. If no resolution is found in this manner I may;
- b) Raise the issue with the appropriate Parent Representative for resolution. If no satisfactory solution is found at this step then I may;
- c) Ask the appropriate Parent Representative to raise the matter at the next meeting of the Board of Directors which will not unreasonably refuse me the opportunity to be heard.

2.5 I will support the coaches and allow them to do their job by not coaching my rower or other rowers during regattas and practices. I will not openly question or confront coaches before, during or after regattas or practices.

2.6 If I am ever in a position to talk to coaches, parents or board members about any concerns, I will do so calmly and constructively with the aim of improving the team, not just my rower.

2.7 I will not force my rower to participate in Rowing.

2.8 I will promote the emotional and physical well being of the athletes ahead of any personal desire I have for my rower or his/her team to win.

2.9 I will inform the coach of any physical disability, illness or injury that may affect the safety of my rower or the safety of others.

Article 3: Violations

3.1 I realize that if I violate this Code of Conduct I may be subject to disciplinary action that could include one or more, but not limited to the following:

- a) Verbal warning by Head Coach and/or St. Louis Rowing Club Board
- b) Written Warning
- c) suspension with written documentation of the incident retained by SLRC
- d) Parental Season suspension
- e) Parental Suspension from all future St. Louis Rowing Events
- f) Suspension of Junior Rower(s)