

The Rowing Club of The Woodlands, Juniors Program Rules and Codes of Conduct

Parent(s) and Rower must read through each rule and code of conduct. Parent(s) and Rower must provide signatures accordingly. Participation in any crew program demands fitness, determination, strength and a competitive instinct. It also bestows friendship, camaraderie and teamwork. These rules are in place for the protection, safety and integrity of all participating RCTWJP Rowers, Coaches and their families.

- 1) I certify that I am of the minimum age of 14 and/or currently in 8th grade.
- 2) I will not be allowed the use of RCTW facilities or its equipment until I have paid the required dues in full and have completed all rower participation paperwork.
- 3) I will respect authority of the Coaches and Board Officers of RCTWJP, as well as any adult chaperones.
- 4) I will demonstrate support and respect towards fellow rowers. I will show team spirit for all 'Rowing Club of The Woodlands' participants during any and all team participating/hosted events.
- 5) I will maintain hotel room, facilities and regatta site in an orderly manner.
- 6) I promise to conduct myself considerately and with decorum. An athlete with a negative impact on the team will not be allowed to continue attending team functions. This includes but not limited to: verbal harassment, fighting/physical harassment, sexual harassment, intimidation, hostile or offensive behavior, use of racial slurs, promiscuous behavior, public display of affection between any two crew members, disobedience of authority, disruptive conduct or behavior, profanity and indecent gestures. This includes but is not limited to: telephone calls, logbook entries, email, looks gestures, touching, teasing, jokes, remarks, innuendos and questions of a harassing nature or in any way threatens the safety of others. I understand that discrimination based on race, religion, gender or sexual orientation will not be tolerated by RCTW.
- 7) The Coaches as well as many college admission offices and possible future employers will monitor social networking websites. Be mindful of the image you are projecting of yourself, your activities and the club. Any inappropriate or illegal postings will lead to disciplinary action.
- 8) I understand that the possession or use of tobacco, chemicals, steroids, alcohol, weapons or any controlled substances is unacceptable by participants and will not be tolerated. Any medications prescribed by a physician must be in the dispensed container with appropriate labeling. RCTW recognizes and enforces all school district codes of conduct. RCTW will apply penalties accordingly. Rower bags are subject to inspection by Coaches.
- 9) I will maintain a satisfactory record of attendance, conduct, citizenship and grades in school and while representing RCTWJP. If you are expelled from attending school, you will be removed from the team and RCTW. You will forfeit any fees/monies paid.

- 10) I will be punctual to all practices and events, home or away.
- 11) Rowers will not miss practice without personally notifying the Coach 24 hours in advance. Rowers will not miss a regatta without notifying the Coach 14 days in advance.
 - a. Late more than 2 days to practice = exclusion from next regatta.
 - b. Missing 1 week, unexcused absence = exclusion from next regatta.
 - c. Rowers must maintain 85-90% practice attendance record.
- 12) I, Parent and Rower, understand that RCTW and RCTWJP is a volunteer organization and that I will be expected to volunteer as a member of the club. I understand that Rower and Parent(s) will participate in all fund raising events.
- 13) I will adhere to RCTW rules that state, while rowing, I, a RCTW Junior Rower must have a Coach or RCTW adult rower present and on the water supervising at all times. I will be responsible for the proper care and use of RCTW equipment. I will be responsible for any damages caused from negligence. Removal of any equipment from the boathouse without the approval of Coaches or the boathouse manager is strictly forbidden and will result in dismissal from the club.
- 14) Theft of private property reflects negatively on RCTW and will not be tolerated. Rower will be respectful of other's possessions and property and will refrain from activities that cause damage to either. Rower will be financially responsible for any damages incurred.
- 15) Loitering in the RCTW parking lot is not permitted. When practice is dismissed you must leave the premises.
- 16) Rowers who drive to practice are required to drive safely. Driving recklessly or speeding in the parking lot is not permitted.
- 17) Riding bicycles or skateboards (other than for transportation purposes) or skates and other horseplay is not permitted in or around the boathouse/dock facilities. Likewise, playing of any games, i.e., football, Frisbee is not permitted without the permission of the Coach.
- 18) **All** junior rowers are required to wear a shirt or cover (no bare chest or sport bras) while in/on boathouse property or within boathouse site.
- 19) It is my responsibility to assist in the loading of the trailer and unloading of the trailer (de-rigging and re-rigging of boats) for any away regattas and to assist my teammates during such events.
- 20) Race officials, regatta volunteers and other teams are to be addressed in a courteous manner.
- 21) Rowers and their families are responsible for all out of town travel expenses, i.e. transportation, hotel, meals. Rowers and their families will not leave an away event without settling all billings individually.
- 22) No rower is allowed to drive him or herself to any away regatta.
- 23) Coach will provide a curfew for all rowers. No exceptions. Athletes will be restricted to their assigned rooms. No boys will be permitted in girl's rooms/no girls permitted in boys' rooms, unless supervised by Coach or chaperone. Athletes will respect other hotel guests as well as hotel property.

- 24) No trash will be left in or around any of the places used by RCTW. This includes water bottles, socks, clothing items, etc. Rowers are responsible for picking up after themselves at all times.
- 25) All rowers must race and remain in RCTW Uniforms for the entirety of any competitive regatta. Rowers will not be permitted to change out of their uniform until the Coach has dismissed the team from the event.
- 26) All rowers must remain at regatta site for the entirety of the day until the Coach has dismissed the team from the event.

Remember, Rowing is a team sport. We all depend on each other. Your actions and in-actions affect everyone on the team. Consider this and act accordingly. Disciplinary action may include, but is not limited to, suspension from practices, competitions and/or removal from the team. Appropriate disciplinary action will be determined by the Coaches and by the RCTW Juniors Program Board.

Parents should be aware of the expected behavior outlined above. Parents and Rower are required to sign this code of conduct form attesting to the fact that they are aware of the rules of the club and that they will abide by them. We strongly encourage parents to keep track of where their kids are after regular practice time, when practices are cancelled and at any away regatta event. Together, Coaches, Booster Board, Parents and Rowers make RCTW Juniors program successful.

Rower Signature: _____

Parent(s) Signature: _____

Date: _____

Please see electronic devices rules.