



## Rower Code of Conduct and Travel Rules

Rowers affiliated with Whitman Crew Boosters (WWCB) are expected, at all times, to portray the team and Walt Whitman High School (WWHS) in a positive manner. Rowers are expected to adhere to the following standards:

- Demonstrate sportsmanship and uphold high standards.
- Ensure punctuality for all crew practices and crew related events.
- Support all team members during practice and at all crew sponsored events.
- Respect all members of the crew community. Including but not limited to parents, volunteers and team members.
- Follow the directions provided by the coaching staff.
- Come to practice prepared for practice and in appropriate clothing.
- Ensure equipment is properly used.
- Rowers will not possess, consume or use narcotics, alcoholic beverages, drugs, controlled substances, tobacco products, dangerous weapons or instruments. This applies to athletes throughout the year, whether they are in season or not.
- Rowers will not engage in fighting, horseplay, vandalism, hazing, dishonesty, stealing or violate of the rights of others.
- Obscene language or gestures is prohibited, at all times.
- Follow rules of racing at ALL times.

## Social Media Policy

Electronic communication including, but not limited to texting, email, instant messaging, social media posting, or any other form of electronic communication during the Rower's participation with Whitman Crew Boosters requires Rowers to adhere to the following standards:

- Rowers will not participate in or establish any form of social communication that could exclude, limit or otherwise impact that ability of the team to communicate with complete transparency.
- No use of derogatory or explicit language in any posts, comments or emails is acceptable.
- Rowers will not participate in the exchange or distribution of explicit photos or images of themselves or their teammates at any time in a social or online environment.
- Rowers will use the required social media tools that have been outlined by their coaches to communicate with the team during the season regarding practices, trainings and regattas.
- No Rower will endeavor to post or represent their posting as being on behalf Whitman Crew Boosters, their coaches or their teammates with express or written permission to do so.

## ACADEMIC ELIGIBILITY POLICY

Students must achieve a minimum 2.0 grade point average for the most recently completed marking period, with no more than one failing grade. Academic eligibility is determined on the date report cards are issued, and remains until the next report card is issued. Students must attend all of their scheduled classes in order to participate in a practice or race on that day. If the principal or designee grants an excused absence in advance for a prescheduled activity, or an unforeseen emergency, the student may participate on that day.

A student may not participate in a practice or race when he/she is serving an in-school or out-of-school suspension. The student becomes eligible to participate in team activities on the next school day following the suspension. A student may be suspended or removed from the team for excessive unexcused absences from school.

## Mandatory Practice and Regatta Participation

Plan your schedule around crew practice times. Contact your coach as soon as you know you will need to immediately (and in advance) if you will miss practice. Unknown absences will delay the start of practice. Excused absences include family emergency, illness, religious holiday or school commitment. Athletes may not attend practice on days they have missed school.

If you will be unavailable to participate in a regatta, FOR ANY REASON, you must inform your coach immediately. Not attending regattas can negatively impact the team's ability to participate in a race and may lead to disqualification for the team.

## Travel Rules

During travel to team sponsored regatta rowers will adhere to the following rules:

- Observe all designated curfew times. In rooms at 10:00 PM. Lights out at 10:30 PM.
- Athletes are not allowed to leave the hotel or regatta site without permission.
- Athletes are encouraged to socialize at the regatta site or in designated common rooms of the hotel. Athletes of the opposite sex are not allowed into each other's rooms after curfew, except in the presence of a coach or chaperone. No one, other than someone from Walt Whitman Crew or a family member, is allowed to visit in the hotel room of the athlete.
- Room assignments will not be changed.
- Respect for other hotel guests by minimizing excessive noise should be practiced at all times. Horseplay should be avoided to ensure safety of all rowers.
- Athletes and/or their legal guardian will be held responsible for damages/theft of items in hotel rooms including, but not limited to replacements costs, legal-fees or any associated fees incurred as a result of damages or theft.

I HAVE CAREFULLY READ THE RELEASE AND FULLY UNDERSTAND ITS CONTENTS, AND I SIGN IT OF MY OWN FREE WILL. I AM AWARE THAT THE RELEASE INCLUDES A WAIVER OF LIABILITY AND AN ASSUMPTION OF RISK.

**SIGNATURE:** \_\_\_\_\_  
(STUDENT)

**DATE:** \_\_\_\_\_

**PRINT NAME:** \_\_\_\_\_