



Policy Name: Code of Conduct Policy

Policy Number: CON201907

Adopted: 01/15/2016

Revised: 07/24/2021

Policy:

The athlete and the parent/guardian of the athlete named above acknowledge locating and reading the Central Ohio Rowing Code of Conduct as detailed below. We understand and agree to abide by this Code of Conduct. We further accept that failure to acknowledge receipt and acceptance of this Code of Conduct Policy by the athlete/parent/guardian renders the participant ineligible to be a member of Central Ohio Rowing Inc. This code of conduct is in effect during practice sessions, regattas, travel to/from regattas, overnight stays and any Central Ohio Rowing event, activity or fundraiser.

All Central Ohio Rowing athletes are expected to:

- Exhibit proper behavior and common courtesy before, during and after crew hours.
- Portray Central Ohio Rowing in a positive manner at all times.
- Demonstrate and uphold high standards of good sportsmanship at all times.
- Be punctual for practice and crew functions.
- Support others on the team at home and away races.
- Give proper respect to everyone, including coaches, parents, volunteers and teammates.
- Participants must adhere to instruction and discipline provided by coaching staff.
- Come to practice prepared to workout in appropriate clothing, shoes, and bring any necessary equipment (Cox box, water bottle, etc.)
- Use equipment as properly instructed.
- Follow rules of racing at all times.
- PRACTICE IS NOT OPTIONAL. Plan your schedule around practice times. Communicate with your coach immediately if you will miss practice. Parents and athletes should utilize the available communication pathways (team approved app, email, etc.). Absence must be approved in advance by your coach. Failure to do so is considered misconduct and will result in disciplinary action as outlined below (see: Consequences of Misconduct).
- REGATTA AVAILABILITY IS NOT OPTIONAL. Failure to inform your coach of a regatta absence with appropriate advance notice will result in disciplinary action as outlined below (see: Consequences of Misconduct). Participants are not guaranteed a seat in the boat – you must earn the right to row at regattas.
- Obey the Travel Policy for away races.
- Do not possess or use narcotics, alcoholic beverages, drugs, controlled substances, tobacco products including vaping devices, dangerous weapons or instruments.
- No fighting, threatening, cheating, horseplay, vandalism, hazing, dishonesty or misrepresentation of the facts, stealing or violation of the rights of others.
- No use of obscene language or gestures.
- Adhere to all rules, regulations and policies of Central Ohio Rowing Inc. as well as local, state and federal laws.



Consequences of Misconduct

Consequences may include but are not limited to: suspension of on-water activities and/or removal from a regatta roster; dismissal of a Participant from Central Ohio Rowing without a refund of fees paid; and reporting to the proper authorities. Your acknowledgement of these rules constitutes a first warning. Consequences for violation of this Code of Conduct and disciplinary action are at the discretion of Coaching Staff and/or appropriate Board Committee of Central Ohio Rowing. Disputes may be appealed to the Executive Committee.