

## Mile High Rowing Club – Member Code of Conduct

### Parent/Guardian Responsibilities

Being a Mile High Rowing Club (MHRC) parent/guardian entails certain responsibilities. I agree that I will:

1. Ensure that all forms and fees are delivered on time.
2. Take an active role in the MHRC volunteer program.
3. Respect that the coaches have full responsibility for training the participants.
4. Respect the coaches as the final authority on boat selection and rowing matters.
5. Remember coaches seek to create a positive experience for as many athletes as possible, some decisions may seem subjective, they are not personal.
- 6. Not distract the coaches before, or during, practice or races.**
7. Attend all mandatory parent meetings.
8. Refrain from making disruptive or negative comments about any participants, coaches, the program, officials, or opponents. Lack of cooperation with this may result in my child and me being asked to leave the program.
9. Participate in all fundraising activities and in service activities.
10. Support my child and enjoy his or her growth and development through their commitment, dedication and teamwork.
11. Not, during the term of my membership with MHRC and for a period of 12 months thereafter, (without the express prior written consent of MHRC) directly or indirectly through others, solicit or induce any employee, independent contractor of the Club or any member of the Club to terminate their affiliation with MHRC.

Please think of our practices and regattas like any other athletic practice or competition. Please let the kids practice, play, and learn how to develop communication skills and healthy peer-peer relationships. This is their time to be an athlete.

- a. Parents are asked to stay clear of the boat bays, dock and fitness areas during practice time.
- b. No parents are permitted within the “athlete section” at regattas.
- c. Parents may not negatively affect athlete performance by sequestering, prioritizing, or isolating their athlete during a practice or competition.

### **Alcohol, Tobacco, and Illegal Substances**

The Mile High Rowing Club enforces a ZERO Tolerance Policy regarding the acquisition, use or possession of alcohol, marijuana, or any other illegal substance. Simply stated, this policy provides that any MHRC member who is found to have

acquired, used or to have been in possession of alcohol, marijuana, or any other illegal substance at any time during an MHRC activity or official event will have his or her membership immediately suspended pending a termination proceeding before the MHRC Board of Directors.

This policy applies to all MHRC activities, including practices, regattas, and official MHRC social events. It also applies at all times during those activities, including from the time a member enters the Marina parking lot, boards a bus or plane, or enters the premises of an official social event until such time as the member ceases to be engaged in the activity or event and has left the premises.

A termination for violation of this policy shall be effective for an indefinite period. In the event of a termination of membership as a result of this policy, the affected member will forfeit, without right of reimbursement, all membership dues and program fees. The member may subsequently re-apply for membership with the understanding that the decision whether or not to re-admit the member shall be solely within the discretion of Mile High Rowing Club Board. Unfounded, malicious reporting of violations of the above policy will result in the indefinite suspension of the guilty party/parties.

### **Participant/Athlete Code of Conduct**

Participation in a crew program demands fitness, determination, strength, and a competitive instinct. It also bestows friendship, camaraderie, and an enormous sense of teamwork. It is with this in mind that the following Code of Conduct has been prepared.

1. I will adhere to the MHRC anti-bullying and sexual harassment policy at all times.
2. I will pay the required dues and fees on time.
3. My family and I understand that if I am expelled from MHRC for disciplinary infractions, or if I quit the Team, I will forfeit any and all payments made.
4. I will participate in all mandatory MHRC fundraising events.
5. I will demonstrate support for coaches and fellow rowers, and show team spirit at all MHRC events and competitions.
6. I will be responsible for the proper care and use of equipment.
7. I will pay for any equipment willfully or negligently damaged or lost. Removal of any equipment from the Marina without the approval of the head coach or board President is forbidden.
8. I will be punctual for practices and meetings and will comply with MHRC attendance policy.
9. I will participate fully in all the aspects of training.
10. My family and I understand that we are expected to volunteer our time for the MHRC program each year, and we promise to fulfill our obligations to help.
11. I understand that the use of alcohol, tobacco, or any illegal substances is unacceptable by participants and will not be tolerated.

- 12 . I promise to conduct myself with decorum and good sense, to behave courteously, morally and considerately to all, and to refrain from vulgar language.
13. I will treat all teammates, opponents, coaches, officials, and parents with respect.
14. I understand theft at the Marina or at any MHRC activity will not be tolerated.
15. I will respect the authority and decisions of the coaches as well as that of chaperones and other appropriate authorities.
16. I realize that team goals come before my needs or desires.
17. My parents and I will observe the rules regarding transportation to and from away rowing events.
18. My parents and I understand that failure to let the coaches or any member of the MHRC Rowing Club Board know immediately if there is someone on the Team who is not adhering to the Participant Code of Conduct is in itself a breach of the Code of Conduct.
19. I will not leave my hotel room after curfew nor will I order food to be delivered to my hotel room on regatta trips.
20. I shall not, during the term of my membership with MHRC and for a period of 12 months thereafter, (without the express prior written consent of MHRC) directly or indirectly through others, solicit or induce any employee, independent contractor of the Club or any member of the Club to terminate their affiliation with MHRC.

The Athlete and the Parents/Guardians understand the rules and the possible disciplinary actions for violations, which could range from a verbal warning to suspension or expulsion from the program.