



Indianapolis Rowing Center Junior Code of Conduct

At IRC our mission statement is “to develop youth and adults of all social and economic backgrounds through the sport of rowing by providing experienced and knowledgeable instruction, and a variety of skill-enhancing programs”. To do this we need to provide an environment that is safe, productive, and embraces a code of conduct that holds all our athletes to be upstanding members. This document presents guidelines for maintaining such an atmosphere during practice, regattas and other club sponsored events. This is an agreement between the athletes, parents/guardians and the IRC Junior Rowing Program with regard to responsibility and conduct of the athlete while on IRC property, while in attendance at all regattas, and club sponsored events.

Team Mentality

- 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.

Travel Procedure

- Athletes will travel with, and stay with the team at all times unless previous approval has been granted. This includes getting prior permission from the head coach to travel separately from the team for any activity (including, getting meals, travel away from the hotel without the team, arriving separately, leaving with a parent or guardian, etc.)
- When traveling, team members must stay in the hotel at all times and follow instructions from the coaches/chaperones.
- No boys will be permitted in girls’ rooms and no girls are permitted in the boys’ rooms, ever. Athletes are encouraged to socialize at the regatta site or in designated common rooms of the hotel.
- Having a parent present at a team function does not supersede club rules and guidelines
- Respect for other hotel guests by minimizing excessive noise should be practiced at all times.
- Respect yourself and roommates and understand that sleep is a vital part of performance on the race course.
- Athletes are not allowed to leave the hotel or regatta site without permission.

Medications, Controlled Substances and Items

- We have zero tolerance regarding the use of alcohol, tobacco, illegal substances, dangerous weapons or instruments. These are strictly prohibited.
- The coach will receive written (text or email acceptable) permission from the parent/guardian before administering over the counter medicine to the athlete.
- Prescription medication in the original container will remain with the individual it is prescribed to.

Disciplinary Actions

Infractions upon these rules will lead to disciplinary action to be determined by the coaches, including, but not limited to:

- Verbal warning and counseling by the coach.
- Suspension from practice(s).
- Suspension from regatta(s).
- Suspension from the team.
- Expulsion from the program.
- Parent called immediately by the coach and the team member is returned home at the parent's expense

Parents may address any questions or concerns regarding possible sanctions directly to the Coach, IRC Head Coach, the Director of Rowing or the Executive Director.

Refunds for program or regatta fees will not be provided if suspended from the team.

I, the parent or guardian, certify that not only have I read and agree to these terms, but that I have gone over them with the junior rower participating at IRC and agree to enforce the terms of this Code of Conduct. I have read and agree to abide by the above rules.

Student Signature _____ Date _____

Parent Signature _____ Date _____