



Indianapolis Rowing Center Code of Conduct For Players, Coaches, Guardians/Parents

Youth programs are key in helping kids grow physically, socially, and emotionally. Parents, coaches, staff, volunteers, spectators, and officials are needed to support young athletes and promote the values of good sportsmanship. By setting a positive example through fairness, respect, and self-control, we can help guide them toward becoming not just better rowers but also better people.

The Indianapolis Rowing Center Code of Conduct outlines the expectations for athletes, parents, and coaches to ensure a safe, enjoyable, and rewarding experience for everyone involved.

Any violations of the Code of Conduct may result in disciplinary action, including temporary or permanent suspension. Suspension decisions will be reviewed and approved by the Board of Directors.

Before participating in IRC programs, the athlete and a parent/guardian must read and agree to the Athlete and Parent Code of Conduct by signing below.

Athlete Code of Conduct

As an IRC athlete, I agree to:

- Demonstrate good sportsmanship at every practice and regatta.
- Show respect and courtesy to all athletes, coaches, staff, officials, volunteers, and parents.
- Abstain from using drugs, alcohol, or abusive language at any rowing event.
- Respect the privilege of using IRC and Indy Parks facilities, as well as any venue hosting rowing events.
- Show commitment to my team, boat, and personal growth by arriving on time and actively participating in practices and regattas.
- Refrain from using social media to impact rowers, coaches, or the rowing center negatively. Such actions may result in suspension from IRC programs.
- Positively represent the IRC community at all times.
- Be humble in victory and gracious in defeat.

Parent/Guardian Code of Conduct

As an IRC parent/guardian, I (and my guests) agree to:

- Encourage good sportsmanship by supporting all rowers, coaches, staff, volunteers, officials, and spectators at rowing events.
- Prioritize all rowers' physical and emotional well-being over a desire to win.
- Refrain from using drugs, alcohol, or profane language at any rowing event.
- Avoid verbal or physical threats or abuse directed at any rower, coach, parent, staff, volunteer, official, or other attendee.
- Respect the privilege of using IRC and Indy Parks facilities, as well as any venue hosting rowing events.
- Never belittle or ridicule any participant in youth rowing, whether in person or online.
- Refrain from questioning coaching decisions or confronting coaches immediately before, during, or after a regatta.
- Refrain from making negative or inflammatory social media posts about athletes, coaches, or the club.
- Review and comply with the attached IRC Safe Sport Guidelines.
- Positively represent the IRC community.
- Help foster a safe, fun, and supportive environment for all participants.
- Be humble in victory and gracious in defeat.

Coaches and Staff Code of Conduct

As an IRC coach, I agree to:

- Prioritize the physical and emotional well-being of rowers over a desire to win.
- Maintain active Safe Sport Certification through USRowing and pass an annual background check as required for coaching eligibility.
- Review and comply with the attached IRC Safe Sport Guidelines.
- Recognize that each athlete develops at their own pace and provide individualized guidance and encouragement.
- Foster a safe, inclusive, and supportive environment while encouraging athletes to challenge themselves appropriately.
- Demonstrate commitment to the club and team by being punctual and actively participating in practices and regattas.
- Uphold professional boundaries, avoiding any behaviors—emotional or physical—that could create the perception of inappropriate relationships.
- Address disputes with other coaches, referees or officials respectfully and professionally.
- Refrain from using drugs, alcohol, or profane language at any rowing event.
- Never belittle or ridicule any participant in youth rowing, whether in person or online.
- Avoid verbal or physical threats or abuse directed at any rower, coach, staff, volunteer, parent, official, or other attendee.
- Respect the privilege of using IRC and Indy Parks facilities, as well as any venue hosting rowing events.

- Treat all coaches, athletes, officials, staff, parents, and volunteers respectfully.
- Positively represent the IRC community.
- Be humble in victory and gracious in defeat.

Reporting

- Any concerns or violations of the Code of Conduct should be reported to the Head Coach, Executive Director or IRC Board of Directors.

IRC is committed to fostering an inclusive environment. Discrimination, harassment, or exclusion based on race, gender, ethnicity, nationality, sexual orientation, religion, or ability will not be tolerated.

By signing below, I acknowledge that I have read and agree to abide by the Indianapolis Rowing Center Code of Conduct.

Athlete Name: _____

Athlete Signature: _____ **Date:** _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ **Date:** _____