

Print, complete *two* sections, sign/date, and return with other *paper* forms.

ROWER'S NAME

Last name (printed): _____ First name: _____

PARENT/GUARDIAN

Last name (printed): _____ First name: _____

A) AUTHORIZATION FOR MEDICAL TREATMENT OF A MINOR

I authorize emergency medical treatment for my son/daughter, in my absence.

Parent/Guardian (signature): _____ Date: _____

**EMERGENCY CASES WILL BE TAKEN TO STRONG MEMORIAL HOSPITAL,
UNLESS ANOTHER FACILITY IS CLOSER**

B) CODE OF CONDUCT

Please review 2nd page *before* signing below, but do not return the 2nd page – keep and post on refrigerator!

The coaches are here to guide and instruct the rowers, but success ultimately lies with you!

THE BRIGHTON ROWING CLUB requires that all rowers and their parent/guardian sign the CODE OF CONDUCT. Adherence to the rules and enforcement of the Code benefits all members of the Club.

Rower (signature): _____ Date: _____

Parent or Guardian (signature): _____ Date: _____

CODE OF CONDUCT

The coaches are here to guide and instruct the rowers, but success ultimately lies with you!

- ❖ Portray BRC 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 parents, volunteers and teammates.
- ❖ Rowers must ALWAYS adhere to instruction/discipline from ANY coach.
- ❖ PRACTICE IS NOT OPTIONAL; plan your schedule around practice times. Contact your coach immediately if you will miss practice. Excused absences include family emergency, illness, religious holiday or school commitment (detention is an unexcused absence).
- ❖ REGATTA AVAILABILITY IS NOT OPTIONAL! If you will be unavailable, FOR ANY REASON, you must discuss with your coach immediately upon notice of your unavailability.
- ❖ Come to practice prepared to workout, in appropriate clothing and running shoes.
- ❖ Use equipment as properly instructed.
- ❖ Obey the Travel Policy for away races.
- ❖ Do not possess or use narcotics, alcoholic beverages, drugs, controlled substances, tobacco products, dangerous weapons or instruments.
- ❖ No fighting, horseplay, vandalism, hazing, dishonesty, stealing or violation of the rights of others.
- ❖ No use of obscene language or gestures.
- ❖ Follow rules of racing at ALL times.

Coaches who discover a violation will consider the severity of the violation in the context of how it impacts the team or safety of an individual and have the power to bring any rower before the Disciplinary Committee for cause. Punishments will be based on the severity of the violation and the Coach's recommendation.

Training Goals – Improve skills and endurance for spring regattas.

Rower Expectations - Arrive on time for practice, show an effort to improve your skills and fitness, follow all coach's instructions, and adhere to this CODE OF CONDUCT at all times.

THE BRIGHTON ROWING CLUB requires that all rowers and their parent/guardian sign the CODE OF CONDUCT. Adherence to the rules and enforcement of the Code benefits all members of the Club.