

Brighton Rowing Club Code of Conduct

As a prerequisite for participation in any Brighton Rowing Club program, **athletes and parents/guardians** must sign a statement that commits the **athlete and parents/guardians** to follow the established rules and requires the parents/guardians to do everything in their power to make sure their athlete abides by the established BRC Code of Conduct. The BRC Code of Conduct must be signed at the beginning of each Brighton Rowing Club program and/or competitive season.

Brighton Rowing Club is committed and required to follow USRowing SafeSport guidelines. Please see <https://usrowing.org/safe-sport> for more information, or to access a free parent/guardian toolkit see https://uscenterforsafesport.org/wp-content/uploads/2020/05/Parent-Toolkit_Complete-1.pdf All board members, coaches, supporting adults, and athletes who are 18 need to complete SafeSport training.

ATHLETE CODE OF CONDUCT

As I am both an ambassador to my team and my sport, I will act in a way that will bring respect to myself, my coaches, my team and my community at all times. **I therefore pledge to abide by the following rules:**

- I will portray Brighton Rowing Club in a positive manner at all times.
- I will respect my teammates, coaches, parents/guardians, volunteers, race officials, competitors and myself.
- I will support my teammates' efforts and celebrate their successes, during practices and regattas.
- I will always adhere to instruction from **any** BRC Coach, and follow the commands from my coxswain or any regatta official.
- I will participate in all Brighton Rowing Club functions to the best of my abilities including, but not limited to the following: practices, regattas, fundraising activities, boathouse clean-up, boat loading/unloading, and other related functions at home and away.
- I will attend and be on time for all practices and regattas. I will notify coaches immediately if I am not available for a regatta, or if I will miss a practice. Excused absences include family emergencies, illness, religious/holiday.
- I will demonstrate and uphold high standards of good sportsmanship at all times.
- I will come to practice prepared to workout, in appropriate clothing and running shoes.
- I will respect and properly use all equipment and facilities of Brighton Rowing Club and host organizations.
- I will obey the Travel Policy for away races.
- I will follow the rules of racing at all times.
- I will not possess or use narcotics, alcoholic beverages, drugs, controlled substances, tobacco products, dangerous weapons or instruments.
- I will not, in-person, via phone, text, or online:
 - Make offensive comments based on physical attributes, skills, race, ethnicity, culture, religion, sexual orientation, gender, gender identity and expression, or disability.
 - Violate the rights or privacy of others, or bully or haze them.
 - Use abusive or obscene language/gestures/images.
 - Engage in inappropriate displays of affection.
 - Engage in fighting, horseplay, vandalism, dishonesty, stealing.

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. The 3 steps of discipline are as follows:

1. Coach(es) speak to the athlete.

If behavior continues:

2. Parents/guardians are notified.

If behavior continues:

3. Asked to leave the team.

PARENT/GUARDIAN CODE OF CONDUCT

Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents/guardians to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control. **I therefore pledge to abide by the following rules:**

- I will respect my child's teammates, coaches, parents/guardians, employees of Brighton Rowing Club, volunteers, race officials, competitors, and myself.
- I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, fans and officials at practices and all BRC events, regattas and activities at home and at host sites.
- I will advocate a sports environment for my child that is free of drugs, tobacco, alcohol and abusive language.
- I will not use abusive or expletive language while on Brighton Rowing Club property or while attending Brighton Rowing Club events, including regattas at home and away.
- I will not use methods of intimidation during verbal or written encounters with any coach, parent, athlete, participant, official, board member, or any other person in matters related to BRC.
- I will treat any coach, parent/guardian, athlete, participant, official or any other attendee with respect and will not discriminate or make offensive comments based on race, religion, creed, physical attributes, gender, gender identity and expression, sexual orientation, disability, or act in a manner which violates the rights of others.
- I will encourage my child to participate in all BRC functions to the best of their abilities including, but not limited to the following: practices, regattas, fundraising activities, boathouse clean-up, boat loading/unloading, and other related functions at home and away.
- I will get written prior approval from the BRC board president for use of the Brighton Rowing Club logo, trademarks or likeness.

Should the parents/guardians violate the Code of Conduct, the severity of the violation will be considered by the coach and the board, based on how these actions impact the team and safety of an individual. Punishments will be based on the severity and could result in the parent/guardian not being allowed at team events/regattas.

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Athlete's Name: _____

Athlete's Signature: _____

Date: _____

Parent/Guardian #1 Signature: _____

Date: _____

Parent/Guardian #2 Signature (if applicable): _____

Date: _____