

Rowing is a team sport. Chicago Rowing Foundation (CRF) gives students who want to row the opportunity to join a competitive and award-winning sweep rowing team. With the privilege to join CRF, comes the responsibility of appropriate behavior and conduct. All rowers/coxswains (“athlete”) are required to abide by a set of principles and rules (“rules”), which are binding and have consequences if broken. Athletes are at all times representatives of CRF and are expected to act responsibly and appropriately.

EACH athlete and parent must read this Code of Conduct carefully, sign it and keep a copy for review.

**RULES TO DO:** 1. DO give 100% at practice everyday; 2. DO inform the coach of any absences (e.g. doctor’s appointment, college visit, standardized test); 3. DO follow the instructions of coaches and regatta chaperones during trips and at regattas; 4. DO check in with the return chaperone before leaving the bus when returning from regatta; 5. DO wear a seat belt in vehicles with seat belts, as a passenger for CRF; 6. DO maintain a passing grade average in all classes; 7. DO maintain a healthy lifestyle; 8. Do maintain clean facilities, both at the boathouse and at regattas.

**DO NOT RULES:** 1. DO NOT dress inappropriately (i.e., with shirts off or unisuits rolled down) AT ANY TIME (this rule applies to all athletes of CRF); 2. DO NOT have unexcused absences at practices or regattas; 3. DO NOT drive oneself to or from any away regatta; 4. DO NOT leave regatta hotel or area without approval of chaperone; 5. DO NOT be out of your assigned regatta room after lights out or in the room of a member of the opposite sex at any time; 6. DO NOT engage in sexual behavior at any team function; 7. DO NOT use inappropriate or disrespectful language; 8. DO NOT taunt, harass or bully teammates; 9. DO NOT engage in unsportsmanlike conduct; 10. DO NOT participate in any theft and/or damage to any property while at a team function. Athletes will be held financially responsible; 11. DO NOT possess or use any weapon at the boathouse or a team function; 12. DO NOT use tobacco or any tobacco product; 13. DO NOT possess, distribute or use alcohol, chemicals, controlled substances, anabolic steroids or any form of illegal performance-enhancing drugs. This behavior is strictly prohibited and will result in the coaching staff taking immediate disciplinary action, whether or not the athlete is engaged in a team function at the time of the behavior.

## CONSEQUENCES

Coaches will investigate thoroughly any and all factual information regarding violations of these rules. If any of the above “DO NOT” rules are deemed to be broken then a decision will be made, on a case-by-case basis, to determine the consequence of the breach of conduct. Any major disciplinary decision related to a significant violation or breach of conduct will be reviewed with the athlete and their parent/guardian along with the coaching staff.

Minor disciplinary action will include but is not limited to: • Verbal warning • Written/verbal apology

Major disciplinary action will include but is not limited to: • Loss of on-water privileges for a specified time • Loss of race privileges • Suspension from the team for a period of time • Dismissal from the team for the remainder of the season • Expulsion from the team

The athlete and the parent/guardian waive their right to a refund of fees during any suspension or dismissal period. Reacceptance to the team will be on a case-by-case basis.

These rules are applicable while the athlete is at a team function, including but not limited to, at the boathouse, at regattas or on all away trips, which includes on buses, in hotels, at restaurants and at the regatta site.

This Code of Conduct is not open to negotiation.

As a parent/guardian of an athlete on the CRF rowing team, I understand that any email or other list of CRF members' information is not to be used for any purpose unrelated to CRF (e.g., soliciting or advertising a business). I have read and understand the above rules and consequences and I accept and agree to act in accordance with this CRF Athlete Code of Conduct.