

# Arlington Rowing Association

## Rower's Code of Conduct

1. **ALCOHOL & DRUGS:** Consumption of alcoholic beverages, controlled substances and/or illegal drugs and substances by any athlete is prohibited both in-season and off-season. Any infractions of this rule will result in the following:
  - 1st offense - Removal from the team.
2. **BULLYING:** Bullying of any kind will not be tolerated. This includes all social media platforms, during school, during practice, at races, at the mall, and any face-to-face interactions.
  - 1st offense - A written warning to both the rower and the parent, and a suspension from team activities including up to removal from the team.
3. **SPORTSMANSHIP/RESPECT:** You will conduct yourself in a courteous, civil and proper manner as befitting an Arlington Athlete at all times, both in-season and off season. You are representing your team, your school and your community. You are to show respect to ALL coaches, Land Supervisors, and Parents at all times. There will be no profane, obscene, derogatory, insulting or discourteous language, gestures or hand signs allowed at any time or under any circumstance. Team Captains will be held to a higher standard as they are the role models for the team.
  - 1st offense - A written warning to both the rower and parent.
  - 2nd offense - Suspension from team activities.
  - 3rd offense - Removal from the team.
4. **BOATHOUSE PROPERTY/EQUIPMENT:** The boathouse is your second home and needs to be treated as such. All garbage is to be thrown away, this includes water bottles. ERGs and boats need to be handled with care at all times. If you see an issue with an ERG or a Boat, then it needs to be brought to the coaches attention immediately.
  - 1st offense - A written warning to both the rower and parent.
  - 2nd offense - Suspension from team activities.
  - 3rd offense - Removal from the team.
5. **RACING BEHAVIOR:** You represent your school and team when you visit other sites. You are to act accordingly. All of the above rules apply while you are away and will be fully enforced. If you cannot adhere to the rules while away with your team, then you will not be afforded the opportunity to do so. There will be no warnings.
6. **INJURIES/ACCIDENTS:** You MUST fill out an Incident Report if you are injured or involved in an accident, no matter how small you think it is. These Incident Reports will be kept in the Boathouse on a clipboard by the black box. They will be kept at the Food Tent during away races. If you are witness or privy to a behavior that is not fitting of a rower, including bullying, then you must also fill out an incident report. These will go straight to the Board and will be handled on a case-by case-basis.