

North Allegheny Rowing Association (NARA) Rower Code of Conduct

The mission of the North Allegheny Rowing Association is to promote a competitive rowing program for the school district's high school students that embodies the essential elements of sportsmanship and ethics through the principles of respect, trustworthiness, responsibility, fairness, caring and good citizenship, and encourage character building and personal growth through winning and losing with dignity and self control.

I. Rower's Responsibilities

The rower, by signing this agreement, has agreed to:

- A. Recognize that membership in this association is a privilege, not a right.
- B. Recognize that in determining practice plans and boat line-ups the coaching staff acts in the best interest of the entire team, and that all practice plans and boat line-ups will be determined solely by the coaching staff.
- C. Attend and take part in all practices and activities and participate and commit fully to the training and racing plan as designed by the coaching staff.
- D. Discuss questions/concerns related to the rowing program directly with a member(s) of the coaching staff.
- E. Show respect, in both actions and words, for fellow rowers, coaches, race officials, chaperones, parent volunteers, and all others who volunteer their time.
- F. Recognize that team members form one team, cooperate with each other, demonstrate mutual respect and refrain from criticism of each other in any form.
- G. Address coaches and parents with appropriate titles (Coach, Mr., Mrs., Ms.).
- H. Properly handle and maintain all equipment as instructed by the coaching staff. If damage occurs it should be reported immediately to a member of the coaching staff or the equipment manager.
- I. Dress and behave in a manner that is a credit to him/herself, the team, and the NARA.

II. Rower's Behavior

Unacceptable rower behavior includes, but is not limited to:

- A. Using, possessing, or distributing drugs of any kind including, but not limited to, chemicals, alcohol, steroids, tobacco, or any controlled substances.
- B. Acting in a reckless manner that could put the athlete, his/her teammates, or any others at risk for injury.
- C. Any behavior that is intimidating, hostile or offensive in any way. This includes, but is not limited to, the use of foul or abusive language, bullying or hazing whether verbal, written, electronic, or physical in nature.
- D. Theft of and/or damage to other's property. Rowers will be held financially responsible.
- E. Romantic contact between rowers. Such behavior is not allowed at any organized team event and will not be tolerated. Exhibiting any of these behaviors will result in the coaching staff taking some disciplinary action. The severity and/or frequency of the behavior will affect whether a minor or major disciplinary action is taken. (Please see **Disciplinary Action** section for further details.)

III. Practice

To maximize productivity and efficiency at team practices within the equipment, time, facility, and coaching constraints which exist, the following guidelines and procedures will be enforced:

- A. Attendance is required at all mandatory practices.
- B. If a rower misses school for any reason other than a school sponsored event, that rower is not permitted to attend practice that day.
- C. Rowers must be on time for the bus and must be driven by a parent/guardian if the bus is missed. Appropriately licensed rowers may drive to the boathouse only when no practice bus has been provided.
- D. Rowers must be dressed appropriately and ready to participate at the start of practice.
15 min late = tardy, tardy twice = missed practice which must be made up
- E. Rowers must tell the head coach ahead of time, no later than noon of the day of practice, if they plan to miss a practice. Last minute situations should be communicated to the head coach as soon as possible so that boats may be adjusted and a productive practice can be held.
- F. Rowers may not leave practice until the coach has dismissed them.

IV. Team Travel

In order to assure a safe trip, the following standards will apply to all travel situations, whether local or long distance, as appropriate:

- A. All rowers must watch the NA travel film prior to participating in any out of town travel. All guidelines stated in the film must be followed.
- B. All rowers must travel to and from the regatta with the team. If an exception occurs, it must be pre-approved by the head coach and the head chaperone must be informed in writing.
- C. Rowers must abide by time schedules established by the coaching staff. Chaperones will assist in implementing the schedule.

- D. The travel coordinator will determine room assignments. There will usually be up to 4 rowers per room. Rowers are expected to share beds. Boys and girls are not permitted in each other's rooms at any time. Violation of this will result in the rower's boats being scratched from the regatta.
- E. All rowers must adhere to the predetermined curfew and are to be quiet and remain in their rooms until the morning. Rowers are to use the contact numbers for the chaperones if a situation arises which requires assistance. One reminder from the chaperones or coaching staff will constitute the only warning. Continued noise or disruption will cause the entire boat to be scratched from the regatta.
- F. A separate boys and girls tent will be maintained at each race.
- G. Rowers are encouraged to support their teammates as a team, at water's edge, by cheering for each other, unless instructed otherwise by a coach.
- H. All rowers will participate in all bus loading and unloading, race site set up and break down, and boat rigging and de-rigging.

V. Disciplinary Action

- A. The coaching staff is responsible for administering disciplinary action. Most problems will result in a minor disciplinary action. Such actions include, but are not limited to:
 - 1. Verbal Warning
 - 2. Extra workout/alternative workout
 - 3. Make-up practice
 - 4. Written/verbal apology
 - 5. Seat Assignment
- B. Repeat violations may be considered a more significant problem and result in a major disciplinary action. Coaches must inform parents and the Board of any major disciplinary action which would result in one of the following:
 - 1. Loss of water privileges for a specified time
 - 2. Loss of race privileges
 - 3. Suspension from team
 - 4. Expulsion from team
- C. The person affected must know the allegations against him/her and must be given a chance to respond to such allegations. Any disagreement with the implementation of any such actions should be appealed directly to the North Allegheny Senior High Athletic Director. Any subsequent loss of fees or team dues should be appealed directly to NARA President or Vice President

VI. Complaint Procedure

- A. Rowers should address issues or complaints related to the team or a teammate(s) directly to the head coach. Likewise, if a rower has a concern which deals with the assistant coaching staff, he/she should also discuss his/her concern with the head coach.
- B. If the rower does not feel the situation has been rectified, or if the concern involves the head coach he/she, with his/her parent/guardian, should contact the North Allegheny Senior High Athletic Director.

VII. Commitment

By signing below, the rower and parent/guardian agree that they have read and fully understand the North Allegheny Rowing Association (NARA) Rower Code of Conduct. The rower agrees to abide by all rules, guidelines, and restrictions in this document.

Rower

Date

Parent/Guardian

Date

NOTE: NARA team members must be in compliance with North Allegheny school rules at all times. School rules are in effect throughout practice, trips and travel times, both local and out of town. (Refer to the North Allegheny Code of Conduct for details.)