

## Code of Conduct

### Sarasota Crew Code of Conduct

A successful crew team requires discipline and cooperation on the part of all rowers, coaches and parents. Adherence to the following disciplinary rules will ensure that Sarasota Crew remains well respected in the local community as well as the larger rowing community. Please refer to the Sarasota Crew Safety Manual for other safety-related rules.

#### GENERAL:

1. Respect for people: Coaches, teammates, volunteers, chaperones, Sarasota Bay Preserve personnel and Historic Spanish Point personnel are expected to be treated in a courteous and respectful manner at all times.
2. Foul Language: Language that is foul, abusive or disrespectful to others is not permitted at Sarasota Crew. This includes all practices, bus rides, regattas and Sarasota Crew events.
3. Respect for property: Rowers will respect all property and equipment of Sarasota Crew, Sarasota Bay Preserve and Historic Spanish Point. Rowers will not damage, alter, or remove any property that is not their own. While on regatta trips, rowers will respect the property of hotels and buses.
4. Illegal activities: Tobacco, alcohol, illegal drugs and controlled substances are all strictly prohibited.
5. Personal Decorum: Rowers should observe the same decorum with regard to public display of affection that they observe at school.

#### FINANCES:

1. Rowers must be current in tuition.
2. Regatta travel Assessments must be paid **prior to** regattas.

#### REGATTAS

Regattas are unlike any other sport competition. They are ALL day events that require participation and cooperation of all rowers, complemented by the volunteer efforts of parents. General Regatta travel information, food details, and behavior expectations are outlined below. For specific details regarding a particular Regatta please refer to the Regatta Information Sheet.

#### Regatta Travel

**All Sarasota Crew rowers travel together as a team and stay for all races.** Rowers will travel on chartered buses, departing from and returning to Historic Spanish Point (HSP). Traveling together on the team buses is an integral component of the competitive experience. It is also a safety measure as it allows efficient supervision of the rowers. Finally, it facilitates logistics by ensuring we are punctual, all moving on the same schedule, and that work can be spread out among all rowers equitably. If extraordinary and pressing circumstances prevail that prevent a rower from riding the team bus, the rower must receive prior approval from their team coach by submitting a signed travel exception form. The Travel Exemption Form is to be handed in to the Sarasota Crew office prior to the regatta. Regardless of individual travel arrangements, every rower participating in a regatta is fully obligated to be present for and help in all activities called for the purpose of preparing for travel to that regatta and unloading and cleaning up after returning from that regatta. If a rower becomes ill during a regatta they may ride home with their parent/guardian after notifying their Coach and the Regatta Leader of their illness.

During bus trip meal stops, rowers will only be allowed to go to the designated eating location. All other establishments in the area are off limits. Time and place to meet will be specified for each trip in advance.



## Regatta Food

Sarasota Crew will provide food at the Regatta site/team tent for the rowers as part of their regatta fees. Additionally, parents will be asked to donate food and drinks as needed, see FOOD SIGNUP for requested items. The food usually consists of a hot breakfast and lunch and is prepared by parents (see the FOOD SIGNUP to volunteer).

Many of the Regattas also have vendors selling food and snacks. Rowers are encouraged to bring extra snacks and water for themselves for the return ride, as we will most likely only make a brief bathroom stop on the way home.

## Regatta Supplies

All rowers must bring their team uni-suit and water shoes to each Regatta. Additional items that may be helpful to have are:

- Personal water bottle
- Favorite snacks/Power bars
- Sunscreen
- Bug spray
- Sunglasses and/or hat
- Pillow and blanket
- Dry change of clothes
- Sweatshirt or jacket
- Homework/books/games/cards
- Folding chair
- Money for Regatta t-shirts (\$20-\$30) or snacks

## Regatta Behavior

### At HSP on Regatta Day:

- Be on time! Rowers must arrive 15 minutes prior to scheduled departure in order to load buses and take roll. We are on a tight schedule and any delay could mean missing the coxswain meeting or a race. There will be repercussions if you miss the bus or are late.
- Everyone helps pack the buses & unload the shack.
- "Quiet talk" only during the dark hours at HSP.
- Do not park in the front row. Parking in back only.

### On the bus:

- No lying in aisle
- Stay in your seat
- Pick up all trash
- No PDA.
- Bring appropriate VHS for viewing (PG13).

### At the Regatta:

- Everyone unloads buses.
- Everyone helps by either rigging boats or setting up tents as assigned to you by the Coaches.
- Please complete the assigned tasks quickly.
- ALWAYS be helpful and courteous to the parents at the food tent and thank them for all their help.



- Pick up all trash.
- Cheer on your teammates.
- Remember dress standards - wear shirts, no belly buttons showing, no inappropriate graphics or slogan on t-shirts.
- Rowers may not leave the regatta site without the permission of their coach.

## Overnight hotel stays:

- Rowers may only allow persons of the same sex into their room for visits.
- All rowers must be in their assigned room at curfew.
- After curfew no rower will be allowed to leave his or her assigned room.
- Rooms must be clean for morning inspection.

## Returning to HSP:

- Upon departure, call parents to inform them of your estimated return time.
- Pick up all trash on the bus. Food and drink privileges on the bus are contingent upon leaving the bus clean.
- Unload bus, pack shed.
- Gather all of your belongings.
- Parents please be on time for pick up - if you have not heard from your child please call the regatta leaders to get estimated time of return. The volunteers from the regatta are also eager to get home and cannot leave until EVERY child is picked up

## PRACTICES:

1. Launches:
  - a) Only rowers having a boating license will be allowed to operate the launches.
  - b) Launches need to be driven slowly, safely, carefully and quietly.
2. Driving:
  - a) All other rowers must park in the designated parking areas.
  - b) Rowers must drive slowly and safely in and out of the parking lot. SPEEDING will not be tolerated.
3. Dress Code: Inappropriate graphics or slogans on t-shirts are highly discouraged.

**Violation of the above team rules could result in disciplinary actions.**

