



CODE OF CONDUCT

AJRA rowers/coxswains are expected to conduct themselves and their personal lives in a manner consistent with the purpose of the Club, which is to help them to be the best rower they can be and that all rowers reflect well on the club of which they are a member. AJRA exists to promote health, athletics and a competitive environment, instilling an appreciation for teamwork, discipline, fitness, and self-worth. The AJRA Board of Directors endorses the following Code of Conduct for its members:

BEHAVIOR

I understand ...

- I will show respect to my fellow teammates, coaches, board members, and other parents acting on behalf of AJRA (e.g., chaperones, crew bosses).
- The coach-coxswain-rower hierarchy while at AJRA practice and races.
- Practices are meant to prepare my mind and body for competition. Therefore, I will conduct myself during practice as if it is race day.
- My physical appearance and my attitude is representative of me and AJRA and I will strive to represent both in a favorable manner.
- That inappropriate public displays of affection or sexual activity will not be tolerated.
- I will work hard in my academic studies...being a true "oarsperson" takes place not only on the water, but also in my conduct every place I go and in everything I undertake, especially school.
- The possession, use or tolerance of illegal drugs, alcohol and tobacco is not consistent with conditioning my body and team for competition. I understand AJRA's policy of "zero tolerance" regarding substance abuse.
- Behavior at practice must be consistent with that of personal and team safety. This includes activities in the boats, on land, in the parking lots, while traveling, and for all team functions.
- I agree to abide by team rules concerning times of restriction to hotel rooms, 'lights out', and other rules of personal conduct.
- Improper driving or excessive speed in the boathouse parking lot will be not tolerated.
- That media (includes movies, printed material, and music) in my possession during all club functions should reflect well on the club and myself.
- That transfer of team equipment, food, and supplies for club functions is a responsibility of the team members and not the adult volunteers.

Violations of any of the above will be handled at the coaches' discretion and may result in exclusion from the next regatta or dismissal from AJRA.

EFFORT

I understand that in order to grow both physically and mentally I need to put forth my best efforts at practices and in races. I understand that team and boat assignments are made by the coaching staff in the interests of the whole team, and they may not always be consistent with my own personal interests. While objective measurements such as erg times and practice attendance are available, subjective observations such as athleticism, attitude and personal effort are also considered.

- I will give 100% everyday at practice.

EQUIPMENT

I understand that ...

- It is my personal responsibility to put the launch in the water, rig and de-rig boats for regattas, and place boats on and off trailer and in the boathouse after practice. I will be responsible not only for the equipment that I use, but for all equipment used by the team. This means in part, securing and maintaining the boathouse at all times.
- All AJRA rowing equipment (including shells, oars, cox boxes, ergs, the boathouse, and weights) are club property. I agree to treat all equipment with proper and due respect in an effort to not cause avoidable damage and wear.
- If I cause or notice any damage to any equipment, I will report that damage to my coach.
- The Chattahoochee River is a fragile environment protected by extensive state and federal laws. AJRA is allowed to practice on the River only by special permit and I agree to conduct myself and my boat in order to continue the availability of the river to AJRA.

ZERO TOLERANCE

AJRA will not tolerate the following while participating in any AJRA activity (e.g., practice, regatta, travel to/from regatta). Major rules violations including, but not limited to the following will result in immediate dismissal from AJRA with no refund and no opportunity for future membership:

- possession, use, or tolerance of drugs, alcohol, weapons or other illegal items
- any criminal activities while participating in an AJRA event (e.g., theft, assault)
- intentional damage to the AJRA boathouse, equipment, surrounding Roswell properties, or hotel property
- intentional physical abuse to any individual

AJRA Code of Conduct

I, _____, have read and understand the code of conduct and will follow the rules and regulations stated above.

Rower/Coxswain

Date

Parent/Guardian Name (if under 18)

Parent/Guardian Signature

Date