

## COMBINED CATHEDRAL CREW TEAM'S ROWER'S CODE OF CONDUCT

Participation in crew is both a privilege and a responsibility. Rowers earn recognition for their achievements as representatives of their school, team, and the community. When a student accepts the privilege, he/she must live up to a code of conduct beyond that of the general high school student.

As a prerequisite for participation in the Combined Cathedral Crews Rowing Club, Inc. ("CCCRC") program, rowers and parents are expected to sign a statement that commits the rower to follow the established training rules and abide by the Rower's Code of Conduct.

### I. GENERAL RULES AND PRINCIPLES

The CCCRC is a club sanctioned by the National Cathedral School and St. Albans School, and rowers at all times represent their respective schools as well as the Club. Rowers are expected to follow the Honor Code, athletic code of conduct, guidelines, and any other rules and policies of their respective schools during any CCCRC related function or activity, regardless where such function or activity is held.

### II. TEAM RULES

Rowers are required to comply with the established team rules, procedures, and instructions of the coach. Rowers are required to display good citizenship and sportsmanship in connection with their participation on the team. Coaches have the authority to suspend a rower temporarily for failure to comply with rules and procedures, for displaying poor citizenship or sportsmanship, or when the rower's safety or the safety of others requires such actions. Permanent removal from the team may occur only after consultation with the Board of the CCCRC and the Athletic Director of the rower's school.

### III. SUBSTANCE ABUSE POLICY

The use and/or possession of alcohol, illegal drugs, and tobacco is prohibited during any CCCRC related function or activity, regardless where such function or activity is held. In addition, the use of performance enhancing drugs is prohibited.

### IV. PROCEDURES

If a rower is reported to have violated any provision of this Code of Conduct, the following procedure will be implemented:

1. The rower's parents/guardian will be notified.
2. The STA Headmaster or NCS Head of School and/or the Athletic Director of the rower's school will be notified.
3. A mandatory meeting with the rower, rower's parents/guardian, a member of the Board of the CCCRC, and a member of the coaching staff will take place to discuss the violation.

If a rower is found to have violated any provision of this Code of Conduct, the Board of CCCRC reserves the right to suspend the rower from the team for a period of time that is commensurate with the nature and extent of the violation, and to prohibit the rower from participating in the next scheduled regatta. In addition, the Board of the CCCRC reserves the right to withdraw such rower's boat from the next scheduled regatta if, as a result of the decision to prohibit the rower from participating, the boat will not have sufficient rowers to participate in the next scheduled

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regatta or the Board determines that it is in the best interest of the team or rower to withdraw such boat.

COMMITMENT STATEMENT

"I have received and understand the ROWER'S CODE OF CONDUCT of the Combined Cathedral Crews Rowing Club, Inc., and I agree to observe the Code of Conduct, the crew's procedures, instructions of the coach, and the rules of rowing.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date