



## Calgary Rowing Club

P.O. Box 36117 6449 Crowchild  
Trail SW Calgary, Alberta T3E 7C6

# Athlete Code Of Conduct

The following code of conduct applies to members of the Calgary Rowing Club (CRC) while participating in events onsite at the CRC and while representing the CRC offsite at other events.

1. I am an ambassador of CRC and shall maintain high standards of moral and ethical conduct, which includes self-control, responsible behavior, and consideration for others' physical and emotional well being.
2. In cases of serious infractions of behaviour:
  - a. I understand that I may be sent home at my or my family's expense and/or excluded from the event or regatta. For Junior athletes, this may involve the athlete's parent flying to the away location to meet the athlete, who will then be escorted home if necessary.
  - b. My coach, in consultation with the parent chaperones (if applicable) and CRC Board of Directors, will determine the disciplinary action to be taken. The Club Manager, the program coach, or a CRC Board member will then contact the athlete or, if applicable, parent/guardian of those involved to inform them of the situation and the actions being taken.
3. I will treat others with respect and expect to be treated with respect in return.
4. I must uphold the standards of fair play and exhibit a high level of sportsmanship and team spirit.
5. I shall refrain from the use of loud, profane, insulting, harassing or otherwise offensive language, at all times.
6. I shall dress in the appropriate attire at all times, as directed by the Club Manager/Coach, and I will maintain high personal hygiene standards.
7. If I commit an act, which is considered an offence under the law, including City by-laws associated with the Glenmore Reservoir, I will be dealt with by the appropriate authorities.
8. I am accountable for any costs incurred for any willful damage to hotel rooms or other property that I am responsible for.
9. I will settle all debts with the CRC.
10. I understand that all boat and crew selections are made by my coach(s) only, and not by myself or anyone acting on my behalf, including my parents. When I am unhappy about a boat or crew selection, I will respectfully contact my coach. When time permits before crew/boat selections are due, I will allow a 24 hour "cooling- off period" before contacting my coach.
11. I must be willing to clean up after myself and help keep the club and all race sites tidy and orderly, including my hotel room at away events.
12. I am required to abide by any curfew set by management/coaching staff and/or the host organizing committee.

13. If a junior athlete:
  - a. I will not be in a closed room with a member of the opposite sex.
  - b. I will not engage in sexual activities at any CRC-related events.
14. I am responsible for my own medical health concerns and will communicate with my coaches, chaperones, and fellow athletes accordingly.
15. I agree that I will not possess or use any illegal drugs, excluding prescribed medical drugs. The use of performance enhancing drugs is strictly banned. Furthermore,
  - a. I will not bring personal alcoholic beverages to any CRC event unless previously cleared by the Club Manager.
  - b. If a junior athlete, I will not possess or use alcohol, tobacco or flammable substances, or any illegal drug in any form during CRC-related events, either at the CRC or away at other locations.
  - c. If older than a junior athlete, I will not supply alcohol to minors, nor will I be under the influence of alcohol while performing official duties as a team member.

### **Athlete Agreement**

A breach of any part of this code of conduct is sufficient grounds for me to be withdrawn from an event and to be sent home at my own expense and/or result in the removal from any Financial Assistance Program. I am subject to the disciplinary policies and procedures of CRC as presented by the Association's Policy and Procedures Manual, which may include being removed from CRC membership and access to all of their programs.

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established in this Code of Conduct.

Athlete's Name – *Please Print*

Athlete's email

Athlete's Signature

Date

If athlete is under 18 years old:

Parent/Guardian Name – *Please Print*

Parent/Guardian email

Parent/Guardian Signature

Date

Parent/Guardian Phone Number/s: