



community sailing center  
lake champlain : burlington vermont

## Northern Vermont High School Sailing Team Sailor and Guardian Code of Conduct

Sailors, coaches, guardians, and others in a position of influence shall agree to honor the fundamental rules of fair sailing, shall respect everyone associated with the program, share in the responsibility for helping to make the program a success.

### **FOR THE SAILOR:**

*Each sailor agrees that they shall be governed by this Code of Conduct at all times. Each team member agrees:*

- to maintain a positive attitude and to be responsible for their conduct at all times, by following these rules and regulations and any other rules given by any coach or chaperone;
- not to use or tolerate the use by any other team member of alcohol, tobacco, or non-prescribed drugs;
- to maintain appropriate behavior towards all participants of the program;
- to respect all team members, regardless of gender, age, race, and sexual orientation;
- to not tolerate rude or offensive conduct by any other team member and report it to the coach or appropriate CSC staff;
- to respect the property of others and not steal, damage, destroy or borrow another's property, nor tolerate such behavior by any other team member;
- to respect the equipment and facility at all times, and not engage in reckless activity resulting in the damage of equipment;
- to treat coaches, competitors, regatta officials, parents and all others with respect;
- to follow all safety procedures given by coaches and other responsible adults, understanding the paramount importance of safety;
- to notify a coach or other responsible adult if another sailor is in physical or emotional danger;
- to not swear or curse;
- to not harass teammates, whether verbally, physically, or emotionally, nor tolerate such conduct in others;
- to arrive at practice on time (sailors will not be allowed to practice if they arrive after 4:15pm, sailors are expected at the Community Sailing Center immediately following the end of the school day unless you have prior consent from the CSC Program Director or CSC Coach);
- to notify the coach or CSC director if they will be late and why, or if they cannot make it to practice and why;
- to conduct all team practice activities (including but not limited to rigging, de-rigging, leaving the dock to sail, docking, managing gear and preparing for practice – in the tent or office) in the presence of CSC staff member;
- to never leave any practice or a regatta site or lodgings without first obtaining a coach's or chaperone's permission and
- to dress at all times in a manner consistent with the standards expected of the team, including but not limited to: required cold weather sailing gear, PFDs on the docks and boats, footwear, etc.;
- not to have any of the following gear in their possession or on site with them at the CSC: flammable items (lighter, matches) and weapons including knives (sailing or rigging).



**FOR THE GUARDIAN:**

*Each guardian of a team member agrees that they shall be governed by this Code of Conduct at all times.*

*Each guardian of a team member also agrees:*

- never to take a member including his or her own child from a team activity without first obtaining a coach's or a chaperone's consent;
- to treat team members, coaches, competitors, regatta officials, parents, hosts and all others with respect;
- to follow all safety procedures given by coaches and other responsible adults, understanding the paramount importance of safety;
- to maintain appropriate behavior and to respect all team members, regardless of gender, age, race, and sexual orientation;
- to maintain a positive attitude and to be responsible for their conduct as well as the conduct of their child at all times by following these rules and regulations and any other rules given by coaches, staff, or hosts.

*My participant and I have read the above manual and agree to all the information presented by the Community Sailing Center surrounding the rules and regulations of the Northern Vermont High School Sailing Team:*

\_\_\_\_\_  
*Parent/Guardian Signature                      Date*

\_\_\_\_\_  
*Athlete Signature    Date*

**Permission to travel with other parents for regattas**

\_\_\_\_\_  
*Parent/Guardian Signature                      Date*

**Repercussions if the Code of Conduct is Violated:**

- First: Conversation with the Coach about their behavior and request for sailor to address the inappropriate behavior.
- Second: Meeting with the CSC Director - Loss of time on the water during practice - Coach will radio to the Director in the office and sailor will report to the dock to spend the remainder of practice in the office.
  - If second incident happens on land the same process will be followed.
  - Parent is contacted at the end of the day regarding the incident.
- Third: Loss of the following practice day and conference with Guardian, CSC Director, and Coach.
- Fourth: Suspension from upcoming regatta and potential removal from the team.