

The cornerstone of this code of conduct is **RESPECT**.

Athletes are expected to treat the coaches, volunteers, administrators, parents, and each other with respect. The same respect is afforded to the athletes by the coaching staff and Board of Directors of the Friends of Milton Crew.

Participation in rowing is both a **privilege** and a **responsibility**. Athletes earn recognition for their achievements as representatives of the school, the team, and the community. When athletes accept this privilege, he or she must live up to the high standards of our code of conduct.

As a prerequisite for participation in the Neponset Rowing Club youth rowing program, participants and parents are expected to sign this statement that commits the participant and parent(s) to follow the established training rules and abide by the Neponset Rowing Club Code of Conduct.

Team Rules and Regulations

1. A participant shall always be respectful toward another rower, coach, volunteer, board member or any other person. Participants will not harass, ridicule, or humiliate any other individual. Prohibited actions include verbal or nonverbal disrespect, psychological, or physical abuse.

In addition, participants must:

- a. Treat officials, coaches, opponents, teammates, and volunteers with respect.
 - b. Control their emotions at all times and never argue with officials or volunteers.
 - c. Represent the club with dignity and good sportsmanship at all regattas and regatta trips.
 - d. Refrain from using obscene language and gestures.
 - e. Follow the coach's instructions both on and off the water at all times.
2. Rowing equipment is very expensive and must be handled with care. Unnecessary talking and horseplay is not permitted when handling equipment. All athletes must participate in routine maintenance and storage of equipment. Report problems to the coaching staff immediately.
 3. Participants shall arrive at practice, meetings, and regattas at the properly scheduled time. Participants are expected to attend practices daily and on Saturday based on each season's schedule of practices. Both effort and performance are important aspects of attendance and are expected by the coaching staff, as well as your fellow teammates.
 4. April vacation practices are crucial to spring success. Missing these practices may affect boat placement. Unexcused absences are unacceptable. Excused absences must be minimized.
 5. Participants are expected to show initiative and dedication to self-improvement and training when not on the water or in between seasons.
 6. All participants are required to show respect for the neighborhoods and community property surrounding Milton Landing. There is absolutely no littering, loitering or trespassing on private property. Athletes shall participate in regular cleanup of the park property, storage areas, and the parking lot.

We have “Zero Tolerance” for Bullying and Hazing

Chapter 269, Section 17

Crime of Hazing, Definition, Penalty

Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than three thousand dollars or by imprisonment in a house of correction for not more than one year, or both such fine and imprisonment.

The term *hazing* as used in this section and in sections eighteen and nineteen, shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

Substance Abuse Policy

The use and/or possession of alcohol, illegal drugs, tobacco products or any controlled substance is strictly prohibited during the entire school year, at all crew events and any related function or activity, regardless of where such function or activity is held.

The substance abuse policy of the Neponset Rowing Club youth program is aligned with the policies of Milton High School, the full texts of which are available on that school’s website. Neponset Rowing Club’s athletes are required to comply with these substance abuse policies.

Procedures

Neponset Rowing Club youth rowing participants 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 regulations, for displaying poor sportsmanship, or when the participant’s safety or safety of others requires such actions.

Disciplinary action for a violation of the Code of Conduct will be commensurate with the nature and extent of the violation, and may include direction to stop the offensive behavior, temporary suspension, or removal from the team for a season or permanently.

Consent of the Board of Directors is required prior to removal of a participant from the team.

If a rower has violated any provision of this code of conduct, the following procedure will be implemented:

