

CAPITAL CREW TRAVEL REGATTA CODE OF CONDUCT

Capital Crew athletes are student athletes that have been given the opportunity to compete at a high level in a sport they love. As members of our program we want each athlete to realize it is a privilege to participate in athletic activities and represent our program. Working hard, rowing hard, and living up to high behavioral standards will help students in their future endeavors. All athletes are expected to abide by the following regulations.

All athletes are to respect...

- The facilities in use and keep our designated areas clean
- Other teammates and opponents
- All coaches and supervising staff
- Regatta and hotel staff
- Other people's property
- Capital Crew Boosters: Be polite and respectful of their space and efforts
- CAPITAL: represent your team with pride at all times [this includes all social media]

Prohibited Items/ Actions

- Weapons
- Alcohol
- Drugs
- Other Illegal Substances
- Physical/ Verbal Assault
- Swearing or Inappropriate Gestures
- Theft
- Lewd Behavior

Hotel Protocol

- No females in male rooms. No males in female rooms. If you wish to hang out do so in the lobby or public area within appropriate times.
- Appropriate behavior in hotels. No running in hallways. No ordering food or movies on the room's bill.
- Curfew must be abided by. If our curfew is 10PM everyone is in their designated rooms by this time. We set these times based on the amount of hours needed to be able to perform the next day.
- No traveling outside of the hotel or given area without asking permission of head coach or supervising staff member.
- When traveling outside of the hotel or race area you must be accompanied by at least three other athletes from our team or your parents with coaches' approval. [groups of 4 or more]
- Financially responsible for all damage and/or missing items to assigned rooms

Violation of this contract will result in a re-evaluation of boating's and/ or scratching of entries at the regatta. If the actions are extreme it may result in removal from our rowing program.

I _____ hereby understand the terms explained above and by signing this form I will abide by this code of conduct.

Signature _____ Date _____

(Athlete)

Signature _____ Date _____

(Parent)