



Megunticook Rowing

CODE OF CONDUCT

In the interest of cultivating an atmosphere of safety and mutual respect we are asking all participants to review and agree to the code of conduct outlined below.

Having joined Megunticook Rowing and paid my membership dues, I hereby agree that:

1. I will demonstrate respect towards my team members, coaches, volunteers, staff and board members. This respect also applies to members and coaches of other teams, regatta officials, opponents, volunteers and any other persons one comes in contact with while participating in any Megunticook Rowing activity.
2. I will follow the coach's instructions both on and off the water at all times without complaint or argument. If I do not feel safe for any reason at any time I will let the coach know.
3. I will not exhibit any behavior that creates discord within, or disrupts the team. I will not engage in any behavior that serves to alienate, intimidate, or take away from other members the right to feel welcomed, safe and supported within the organization, the team, or the boat. I will not engage in exclusive behavior while participating in club activities.
4. I will notify a coach or a Megunticook Rowing board member if I witness or am subjected to any of the behavior described in number 3 above.
5. I understand that possession, use, purchase, consumption, transfer or sale of controlled substances or illegal drugs at any time on Megunticook Rowing's premises, or while representing Megunticook Rowing is prohibited. The same goes for possession, use, purchase, transfer or sale of weapons or other life-threatening devices or property.



6. I will not engage in any unnecessary talking when handling equipment. I will listen carefully to, and immediately obey all commands from coaches or coxswains when handling equipment.
7. I will respect the leadership, judgment, and decisions made by the coach(es) and not critique or disparage other rowers, whether individually or as a group. I understand that the coach(es) are responsible for determining lineups for practices and competitions and that they do this with the intention of creating the most productive (practices) and competitive (competitions) possible.
8. I will serve as an ambassador of Megunticook Rowing with goodwill and a positive attitude. I will assist any new members of the club to acclimate to the club and to be successful in any way that I can.
9. I agree to volunteer my time to assist with tasks and duties that keep the club healthy, thriving, and growing. I will participate in fundraisers such as the annual erg-a-thon, and understand that the club is dependent on outside fundraising for growth and to achieve our mission.
10. I will use iCrew and Slack to update my attendance to assist coaches in building lineups for practice.
11. I understand that any violations of this code of conduct can result in disciplinary actions by the board in the form of reprimand, suspension, or expulsion from the club. I certify that I have read the Code of Conduct and agree to abide by the terms as a member of Megunticook Rowing.

Signature _____ Date _____