

# LOYOLA ACADEMY ROWING ASSOCIATION

## ROWERS CODE OF CONDUCT

LARA relies on volunteers to supervise the rowers during Regatta weekends. This has proven successful because rowers generally abide by the following behavior guidelines outlined below in the Rowers Code of Conduct. We ask that you review the Code of Conduct with your rower and return the form with both of your the signatures.

1. Rowers will wear the Loyola crew uniform – shirt & shorts – at all races.
2. Rowers will stay with their team or boat during race times.
3. Rowers will be respectful when communicating with teammates, coaches, chaperones, bus drivers or other competitors during practice and Regatta trips.
4. Rowers will support their teammates throughout competitions by sending boats off, cheering for other Loyola boats at race time, and assisting other boats in rigging and de-rigging shells.
5. Rowers will help load and unload shells before and after regattas.
6. Rowers will travel with the team bus to and from regattas or with designated chaperone drivers. (*Rowers are not allowed to drive themselves or other teammates to out-of-town regattas.*)
7. Rowers will obey regatta chaperones and coaches throughout a regatta trip.
8. Rowers will observe the 10:00 PM curfew/10:30 PM lights out rule established for Regatta overnight stays. (*Sleep has a direct impact on the performance of a rower.*)
9. Rowers will not leave the regatta area or hotel without the knowledge and consent of a chaperone.
10. At out-of town regattas rowers will not enter a hotel room occupied by someone other than a Loyola rower, chaperone or coach.
11. No one other than another Loyola rower, a coach or chaperone are allowed in a rower's room.
12. Female rowers are not allowed in male rooms nor are male rowers allowed in female rooms without the consent of a chaperone.
13. Rowers understand the following infractions will result in a team member being scratched from the upcoming race and/or sent home at their own expense in addition to any action a Coach or Loyola Academy may take:
  - a. Use or possession of alcoholic beverages, cigarettes, tobacco or controlled substances,
  - b. Use or possession of any object that can inflict harm or damage to property or people or be construed as a weapon. (This includes but is not limited to water guns, air pistol, and bb guns)
  - c. Damage to property,
  - d. Stealing or shoplifting,
  - e. Loud and unruly behavior including fighting or instigating a fight
  - f. Disrespectful behavior or failure to obey chaperones, coaches or bus drivers,
  - g. Behavior that has a detrimental impact on the performance of the team.
  - h. Leaving the regatta hotel or area unchaperoned without the prior approval of the chaperone.
  - i. Any display of inappropriate sexual behavior.
14. All rowers are expected to adhere to the Specifics of Student Conduct as detailed in the Loyola Academy student handbook (pages 38-56).

If a rower is asked to leave the team as a result of repeated disregard of the rules as outlined above, the rower and parent/guardian waive their right to a refund of fees for the season.

\_\_\_\_\_  
Rower Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Date

The ROWERS CODE OF CONDUCT will be posted on the LARA website and distributed prior to each regatta. Your adherence to this code of conduct is appreciated.