



## SORA Code of Conduct

### **Participation**

SORA athletes are punctual, wear proper attire, and arrive ready to work. They participate in all practices, regattas, and team functions. Athletes contact the coach as soon as any scheduling issue arises.

### **Coaching**

SORA athletes communicate clearly, respectfully, and ask their coach questions. They accept instruction, direction, and correction from any coach and act on every opportunity to improve. Practice plans, regattas, and boat lineup decisions are developed at the discretion of the coach. Athletes should understand why they are in their boat and their race and can ask their coach if they have any questions.

### **Attitude and Respect**

SORA athletes support one another at practices and races and display positive attitudes.

During team functions, parents and athletes conduct themselves in a cooperative, well-behaved manner, free of argumentative, negative, or deliberately harmful remarks that negatively affect team morale or unity.

SORA athletes contribute to a safe team environment and do not participate in fighting, horseplay, vandalism, hazing, reckless behavior, dishonesty, theft, threats of social exclusion, or any type of verbal, social, physical, or online harassment.

### **Equipment**

SORA athletes ensure equipment is used safely and properly, for the manner it was intended, and always with a coach's permission.

### **Harmful Substances**

SORA athletes abstain from the use or possession of narcotics, alcohol, controlled or performance enhancing substances, tobacco products, or any other harmful or illegal product prior to or while participating in any team activity.

### **Parents**

SORA parents exemplify excellence in communication. Parents encourage athletes to resolve questions and concerns directly with coaches. Parent-coach conversations are valuable when they pertain to an athlete's academic or rowing performance, health, basic welfare, family and school schedules, etc. Parental concerns or disagreements are addressed directly with the respective individual in a constructive manner that does not undermine coaching. In cases of unresolved disagreements, individuals should submit their disagreement to be discussed at a SORA Board Meeting.

**Penalty**

Violation of the Code of Conduct - whether by parent or athlete - may result in the athlete being suspended or removed from the team without refund. Violations may be determined by the coaching staff or Board of Directors. Suspected criminal acts will be reported to the appropriate authorities.

**Code of Conduct Acknowledgement**

I have read the SORA Code of Conduct and understand that any violation of this policy may affect my child's ability to participate in SORA's programs and activities. I also understand I will not receive a reimbursement of lost funds if either my child or myself causes my rower's inability to participate.

\_\_\_\_\_  
Athlete Name (please print)

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name (please print)

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date