



## Code of Conduct

- Portray Dublin Crew in a positive manner at all times.
- Demonstrate and uphold high standards of good sportsmanship at all times.
- Be punctual for practice and crew functions.
- Support others on the team at home and away races.
- Give proper respect to EVERYONE including coaches, parents, volunteers and teammates.
- Rowers must ALWAYS adhere to instruction/discipline from ANY coach.
- PRACTICE IS NOT OPTIONAL – plan your schedule around practice times. Communicate with your coach immediately if you will miss practice. Rowers are not guaranteed a seat in the boat – you must earn the right to row at regattas. Rowers are allowed one excused absence during each season with permission of the squad coach.
- REGATTA AVAILABILITY IS NOT OPTIONAL! If you will be unavailable, FOR ANY REASON, you must discuss with your coach immediately upon notice of your unavailability.
- Come to practice prepared to workout, in appropriate clothing and running shoes.
- Use equipment as properly instructed.
- Obey the Travel Policy for away races.
- Do not possess or use narcotics, alcoholic beverages, drugs, controlled substances, tobacco products, dangerous weapons or instruments.
- No fighting, horseplay, vandalism, hazing, dishonesty, stealing or violation of the rights of others.
- No use of obscene language or gestures.
- Follow rules of racing at ALL times.