

James River Crew  
Code of Conduct Agreement

Dear Crew athletes, parents and coaches,

You are encouraged to review the James River High School Student/Parent Athletic handbook and understand that the rowing team will abide by the same rules that apply to other sports at James River High School. In addition, there are some rules and policies that we have outlined below that apply specifically to the sport of rowing.

As an athlete, coach, board member or parent of an athlete I understand and agree to the following.

- Participation in the James River Rowing program is a privilege and not a right.
- All rowing equipment, including equipment not owned by James River should be treated with the utmost respect.
- Athletes should expect a physically demanding workout as a rower. Land training and on-the-water training is strenuous and athletes should be prepared to work hard at each practice. This includes being dressed appropriately for practice, given the weather conditions.
- Rowing is an outdoor sport and brings with it a special set of risks related to the use of navigable waterways as a venue for practice and regattas. Athletes should display a healthy respect for the outdoors and understand the basics of water safety.
- All athletes must pass a swim test that is administered by a lifeguard.
- All athletes must display appropriate self control while rowing. This includes moments when coxswains, coaches, regatta officials, other boaters, members of any emergency services are giving instructions.
- Coaches will determine if river and weather conditions allow for rowing on the river. Items used to make this determination will include: river height, water temperatures, air temperatures, river flow, dock conditions and weather forecasts. The same set of standards will apply for regattas.
- Regattas can involve travel, including out of state travel. Athletes are expected to lead through their example and behave in a manner that portrays James River High School and James River Crew in the best possible light at all times.
- Bullying, intimidation, hazing, harassment of a written, verbal, physical or sexual nature, including but not limited to hand written, electronic or spoken words will not be tolerated and is grounds for disciplinary action or removal from the team.

- Vandalism, theft, gross disobedience, assault or unsportsmanlike conduct of behavior will not be tolerated and is grounds for disciplinary action or removal from the team.
- Any disciplinary action will be determined by the coaches, faculty advisor, James River Crew board and JRHS administration.
- Coaches will utilize a number of factors to determine boat assignments, including, but not limited to: physical fitness, experience, attendance at practice, attitude, willingness to work with others, rowing technique.

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Athlete Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date