

# VCRC ATHLETE AND PARENT CODE OF CONDUCT

*“Sport is intended to build character, to teach the virtues of dedication, perseverance, endurance and discipline. Sport helps us learn from defeat, as much as from victory. We look to sport to impart moral and social values, about a healthy integrated society.”* Charles Dubin

## Code of Conduct:

1. As a member or program participant of the Victoria City Rowing Club (VCRC) I pledge to follow this Athlete Code of Conduct.
2. As a parent of a junior rower I pledge to model and support this Athlete Code of Conduct.
3. I am an ambassador of VCRC I shall maintain high standards of moral and ethical conduct, which includes self control, responsible behaviour, and consideration for the physical and emotional well being of others.
4. I will treat others with respect and expect to be treated with respect in return.
5. I will respect an individual’s dignity and acknowledge that verbal or physical behaviour that constitutes harassment or abuse are unacceptable.
6. I will uphold the generally accepted standards of fairplay and exhibit a high level of sportsmanship and team spirit.
7. I will be modest in victory and gracious in defeat.
8. I will refrain from using profane, insulting, or otherwise offensive language.
9. I will abide by the VCRC Policies and Procedures, including the VCRC Respectful Workplace policy and the VRS Safety Handbook.
10. I will not possess or use any illegal drugs and if under the age of 19 will not possess or use alcohol or tobacco in any form during any activity associated with VCRC.
11. I will reimburse the cost of any damage to equipment or any other property resulting from wilful or negligent action on my part.
12. I acknowledge that the VCRC Club Manager, Programs Coordinator and Coaches are responsible for the athletes and they must follow established VCRC policies.

A breach of any part of this Code of Conduct is sufficient grounds for an athlete to be withdrawn from a program or event and be sent home at his or her expense. Athletes will also be subject to the disciplinary policies of VCRC as presented in the Policy and Procedure Manual.

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established above.

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Athlete’s Signature

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Parent/Guardian (if under the age of 19 yrs.)