



## CGSC Sailors Code of Conduct

Coconut Grove Sailing Club has an elite Optimist and Laser dinghy racing program for young sailors. The goal of the program is to develop outstanding sailors; maintain the safety of all participants at all times; promote ethical behavior; and teach life-long lessons about character, teamwork, and respect for others.

Participation in the Coconut Grove Sailing Club's youth sailing program is a privilege. To participate in the program, youth sailors are expected to meet the following expectations. Failure to meet these expectations can be grounds for discipline, including being sent home from a practice or event, suspension, or termination from the youth sailing program.

### Safety

Maintaining the physical safety of sailors, coaches, and others is the top priority of the Coconut Grove Sailing Club Youth Sailing Program.

- Follow all safety procedures and instructions given by race officials, regatta hosts, and other responsible adults.
- Provide assistance if another person is in danger. Notify a coach or other responsible adult if you think another sailor is in danger.
- Always wear a personal flotation device while on the water.
- Do not leave Coconut Grove Sailing Club or the site of an event without first obtaining personal permission from a coach, parent or event host. Sailors are personally responsible for obtaining prior consent from a responsible adult; it is not permissible to have another person convey a message that you are leaving.
- Travel to away events and regattas with a responsible adult, other than a coach, who is responsible for you when you are not on the water or at the venue.

### Sportsmanship

Sailors should respect the values and rules of the sport of sailing, and remember that they are members of a team.

- Compete ethically within the Racing Rules of Sailing and other applicable rules governing the sport of sailing.
- Demonstrate principles of good sportsmanship. Act gracefully when you win and lose: do not gloat when you win, and do not sulk when you lose.
- Follow the direction and authority of coaches and responsible adults. Accept constructive criticism from coaches. Do not talk back to coaches or team leaders.
- Support your teammates at practices and regattas. Do not only think about yourself and your own performance. Attend as many practices as possible, and show up and depart at the appointed times with all of your equipment.

- Behave and dress at all times in a manner consistent with the high standards expected of youth sailors at Coconut Grove Sailing Club.
- Remember that you are an ambassador of the Coconut Grove Sailing Club. It is a privilege to be a member of the Coconut Grove Sailing Club Youth Sailing Team. Never act in a way which would be embarrassing or detrimental to the Coconut Grove Sailing Club.

### **Respect for Others**

Sailors are expected to act in a respectful way toward others at all times.

- Set a good personal example for everyone supporting the principles of honesty, integrity and good sportsmanship.
- Respect the property of others. Do not use another person's property without permission, steal or damage another person's property. Do not use hoists, sailboats or any equipment of the Club without the knowledge, permission or direction of the coaches.
- Treat other sailors, coaches, regatta officials, parents, hosts and all others with respect, regardless of race, religion, gender, national origins, culture, sexual orientation, disabilities or abilities.
- Do not engage in verbal, physical or emotional abuse of anyone, and do not tolerate such conduct by others. Do not use profane, insulting, harassing, humiliating or otherwise offensive language. Swearing is prohibited.
- Do not physically fight, hit, or inappropriately touch other sailors.
- Resolve the disputes with other sailors in civil and respectful manner. If you cannot resolve the dispute directly with the other sailor, go first to coaches and then to the club managers with any problems or questions.
- Do not tolerate or engage in bullying. Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance, and which is repeated or has the potential to be repeated over time, for the purpose of socially excluding, diminishing, or isolating the targeted person. Work with sailors, coaches, parents and other Club personnel to address potential incidents of bullying.
- Do not tolerate or engage in hazing activities involving persons associated with the Youth Sailing Program. Hazing is any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional or physical harm, regardless of that person's willingness to participate.

### **Drugs/Alcohol**

A drug-free environment is necessary in order to achieve individual and team success.

- Do not use alcohol, tobacco, or drugs not prescribed to you.
- Do not tolerate the use of alcohol, tobacco or non-prescribed drugs by other team members at the Club or at regattas.

## **Parents Code of Conduct**

Coconut Grove Sailing Club has an elite Optimist and Laser dingy racing program for young sailors. The goal of the program is to develop outstanding sailors; maintain the safety of all participants at all times; promote ethical behavior; and teach life-long lessons about character, teamwork, and respect for others. Participation in the Coconut Grove Sailing Club youth sailing program is a privilege. The youth sailing program can only be successful if everyone – coaches, sailors and parents – works together in pursuit of these goals. The Club has developed Codes of Conduct for coaches, sailors and parents so that everyone has common expectations. The Club has the following expectations of parents of youth sailors:

## **Understand Your Role**

Every person in the program has a role. Each person in the program must understand and respect the roles of different participants.

- Sailors are the competitors responsible for their own efforts, behavior and success. Since parents are not the competitors, they should encourage their children's independence as it relates to sailing rather than assisting them directly. For example, parents should avoid rigging children's boats, because that is part of the learning experience.
- Coaches are athletic trainers and educators who are primarily responsible for teaching the children how to sail. While parents provide critical guidance and are ultimately responsible for their children, parents must allow the coaches to do their jobs. Parents should support the coaches in tactical decisions and management of sailors competing in regattas. For instance, while spectating during regattas, parents normally should stay away from their sailors so they have time to seek the advice of coaches; not give sailors food or drink that will hurt the sailors' ability to perform; and generally set a positive tone for the children.
- Parents provide support for their children and the program. Parents essentially are partners with the Club in running the program. The program cannot function without engaged parents.

## **Safety**

Maintaining the physical safety of sailors, coaches, and others is the top priority of the Coconut Grove Sailing Club youth sailing program.

- Assume responsibility for the safety of your children and other sailors.
- Follow all safety procedures and instructions given by race officials, regatta hosts, and other responsible adults. Provide assistance if another person is in danger.

## **Respect for Others**

Parents are critical role models for sailors, and must conduct themselves as such.

- Set a good personal example for everyone supporting the principles of honesty, integrity and good sportsmanship.
- Respect the property of others. Do not use another person's property without permission, steal or damage another person's property.
- Treat sailors, coaches, regatta officials, parents, hosts and all others with respect, regardless of race, religion, gender, national origins, culture, sexual orientation, disabilities or abilities.
- Do not engage in verbal, physical or emotional abuse of anyone, and do not tolerate such conduct by others.
- Avoid the use of profane, insulting, harassing, humiliating or otherwise offensive language in the presence of sailors or coaches. Never use such language in communications with coaches. Mistreatment of coaches is grounds for removal from the program.

## **Respect for the Sport**

Parents should respect the values and rules of the sport, and teach those values to all sailors in the program.

- Teach sailors to compete ethically within the Racing Rules of Sailing and other applicable rules governing the sport of sailing. Do not teach sailors to violate the Racing Rules of Sailing.
- Do not be a source of outside help that would cause any competitor to break Rule 41 of the Racing Rules of Sailing.
- Respect exclusion zones on race courses at regattas. When Club parents ignore the boundaries of where spectator boats can be located, it reflects badly on the entire program.

### Support the Club

The youth sailing program cannot function without the engagement and support of its parents. Parents need to do more than drop off their children at practice and show up at regattas.

- Timely pay all fees needed for your children to participate. The youth sailing program is self-sustaining, which means that participant fees are necessary to pay its basic expenses. Parents also are responsible for timely paying the costs of any private coaching sessions involving their child.
- Volunteer to help with the logistics of practices and regattas. Participant and regatta fees do not cover every expense associated with the program. The Club reduces its participant fees based on the assumption that parents will help with the logistics of towing boats, providing water and snacks at regattas, and helping to organize and run Club regattas. The Club expects the parents of every sailor to help with towing, snacks and/or Club-sponsored regattas at least several times a year. Children of parents who refuse to assist the program may not be invited to return, and in the case of a parental refusal of reasonable assistance during the season, sailors may be asked to leave the program.
- Be a good representative of the Coconut Grove Sailing Club. Even if you are not a Club member, you are the face of the Club at regattas and other events. Avoid any conduct which would be embarrassing or detrimental to the Coconut Grove Sailing Club.

### Conduct Yourself as a Responsible Adult

Parents are the primary adults present at most sailing-related events and must conduct themselves in a responsible way.

- Do not physically discipline, strike, or inappropriately touch other children. Be a positive influence on the Club's sailors.
- Do not tolerate or engage in bullying. Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance, and which is repeated or has the potential to be repeated over time, for the purpose of socially excluding, diminishing, or isolating the targeted person. Work with sailors, coaches, parents and other Club personnel to address potential incidents of bullying.
- Do not tolerate or engage in hazing activities involving persons associated with the Youth Sailing Program. Hazing is any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional or physical harm, regardless of that person's willingness to participate.

### Drugs/Alcohol

- Do not tolerate the use by sailors of alcohol, tobacco, or drugs not prescribed to them.
- Use alcohol in moderation at the Club and at regattas. The sailors are very aware of the conduct of adults around them, which means that parents need to stay in control of themselves at the Club and on Club-related trips.

I have read, understand and agree with the Sailor and Parent Code of Conduct.

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Sailor print name

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Sailor signature

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Parent/guardian print name

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Parent/guardian signature

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Date