

NORWALK RIVER ROWING ASSOCIATION YOUTH PROGRAMS ELIGIBILITY AND PARTICIPATION CONTRACT

Participation in the Youth Rowing Programs of Norwalk River Rowing Association (the "Association") is both an honor and a privilege and, as such, carries a responsibility for the athlete to follow rules and regulations including the following:

I. Participation Rules:

I.a Drugs and Alcohol:

Any use, involvement with or possession of illegal drugs or alcohol, or use of any form of tobacco at any time during the period of participation in a youth program, on or off site, will result in appropriate disciplinary action.

"Involvement with" such substances shall be broadly construed, and shall include, but is not limited to the following situations:

- A. Personal possession or use of such drugs, alcohol or tobacco, at any time at any place; or
- B. Being in a motor vehicle when alcohol or drugs are illegally present, regardless of whether the athlete is the driver or passenger, or whether the athlete is in personal possession of any such alcohol or drugs; or
- C. Permitting the illegal consumption of alcohol or use of drugs in one's home or premises; or
- D. Being in a building or on premises or otherwise in the company of others, including but not limited to fellow athletes, when alcohol or drugs are/have been used or possessed illegally.

I.b Behavior at Youth Program Activities

When athletes are participating in Youth Rowing Program activities, including regattas, overnight trips and travel to and from such events, they are expected to exhibit exemplary behavior to help maintain safety and order. Athletes are not to participate in activities which may be considered destructive or a danger to themselves, other athletes, other parties, or property. Behaviors forbidden include, but are not limited to: destruction of property; vandalism;; abusive or bullying behavior; or during overnight trips acting in contravention of such rules regarding overnight trips as the Association may publish from time to time.

The appropriate disciplinary action under these rules is separate from any other discipline that may otherwise be imposed by entities other than the Association. The athlete(s) involved will have a discussion with the relevant coach(es) and Executive Director about the nature of the offense. Parents, and law enforcement (if required by law) will be included in conversations or reporting. Disciplinary action under these rules will be determined by consideration of all the facts and circumstances of a particular situation, but shall include as a minimum the following penalties:

Consequences of Violation :

1. First offense:

- The athlete(s) will explain his or her actions and apologize to his or her teammates.
- The athlete(s) are required to attend practices, but will not be permitted to practice with the team for 5 consecutive practices (race days are considered training days). During the 5 days the athlete(s) will be required to train on land on their own, and will perform odd jobs and cleaning tasks around the boathouse; on a race day, the athlete(s) will attend the race in civilian clothing.
- The athlete(s) will perform 6 hours of community service or for the club at a time when the team is not training, which is to be fulfilled within one month from the date of the infraction.

2. Second offense, occurring within 18 months after first violation,:

- The athlete is suspended from the team for the remainder of the current season. Program fees are not refundable. Invitation to rejoin the team in a later season is at the discretion of the coaches and Executive Director.

II. Enforcement Procedures:

The coaches and Executive Director are responsible for the administration and enforcement of the eligibility and participation contract and their determination under these rules shall be final.

The safety of athletes is our primary concern and the Association does not wish to penalize athletes who attempt to act responsibly in situations not of their own making. Therefore, an athlete who has not used and is not in possession of illegal drugs or alcohol will not be considered for offenses in the following instances:

- a. Immediately leaving the premises where any of the above substances are/have been used or possessed illegally;
- b. Assisting someone who has used or overused any of the above substances by contacting a responsible adult, or by transporting them to a safe location. Any person who cannot be roused should be transported to the emergency room by EMS personnel (**CALL 911**).

Behavior Expectations

Norwalk River Rowing Association prides itself on maintaining high standards for every member of its community. While representing NRRA, both on and off the water, we expect athletes, coaches and parents to uphold the standards and expectations of our community.

Regatta attire. All athletes are expected to follow the NRRA Formal Uniform (“uni”) policy which can be found at this link: <http://norwalkriverrowing.org/youth/racing-team-uni-policy/> .

All athletes are expected to keep their unis up while at a regatta and while otherwise representing the club – such as at a public training facility or gym. Boys are expected to cover their chests and girls are expected to cover their sports bras. Although fellow athletes may be comfortable with bare chests and sports bras, some may not, including strangers at regattas or at the gym.

Music. Music that is played on a speaker (not through private headphones) while attending practice or at a regatta must be played at a reasonable volume for the surrounding community and not contain vulgar, disrespectful or offensive language.

Trash/Water Bottles. Before leaving each practice or regatta all athletes are expected to survey their surroundings and pick up empty water bottles and other trash. Clothing and other items left behind should be put in the Lost and Found bin.

Loading/unloading the Trailer. ALL athletes are expected to be actively involved in loading and unloading the trailer before and after regattas. You are ALL expected to keep working until the job is done. If you find yourself standing around with nothing to do, ask someone what you can do or look around for a job to do.

Treat all athletes/coaches/officials with respect. Congratulate your competitors on their accomplishments. Watch and cheer ALL your teammates on from the sidelines when you are not engaged in rigging/derigging or preparing to race.

As a community we are all responsible for seeing that these expectations and standards are upheld. Please help each other with respectful reminders. Sometimes people are not aware that something else is expected and/or they forget. If ongoing infractions persist please bring them to the attention of the relevant coach, parent and/or a Board member.

I / We Understand and accept the above behavior, eligibility, and participation rules as well as the consequences for violation of those rules, for youth programs.

Printed Name of Student	Signature	Date
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Printed Name of Parent or Guardian	Signature	Date
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