



Code of Conduct and Team Rules

The Code of Conduct and Team Rules establish expectations for members of the Haddon Township Rowing team. HTRC strives to provide a safe and positive experience for young rowers and fidelity to this document advances that goal. The importance of this objective is reflected in the consequences for violations.

HTRC rowers represent the program and, as such, are expected to exhibit exemplary behavior not only in their athletic pursuits, but also in their school and community activities.

As a club sport of the Haddon Township School District, HTRC works closely with the school district to ensure these rules align with district policy and procedures. Major indiscretions are reported to Haddon Township School District and dealt with according to relevant policies, laws and regulations.

PROHIBITED BEHAVIORS

A supportive environment contributes to an athlete's and team's success. Accordingly, HTRC has zero tolerance for and prohibits the following behaviors. Use of illegal drugs, alcohol, or tobacco

- Verbal abuse
- Physical Abuse
- Stalking
- Bullying
- Hazing
- Threats (written, verbal, physical and/or electronic)
- Stealing
- Vandalism (includes Club, Boathouse and Regatta Sponsor property)
- Disrespectful behavior (foul language, insubordination)

HTRC rowers are expected to act in accordance with good sportsmanship at all times. Threatening, distasteful, or inappropriate words or actions towards a competitor, regatta official, coach or teammate will not be tolerated.

Any member who directs, assists or engages in any prohibited behavior will be investigated and subject to discipline in accordance with processes set forth in HTRC's SafeSport Policy as well as the Haddon Township School District policy.

Any athlete who feels they have been/are being subjected to a prohibited behavior should immediately contact the Head Coach or Safety Officer who will determine the appropriate follow-up and notification necessary to properly address the situation in accordance with HTRC's SafeSport policy.

Conduct may not rise to the level of prohibited behavior if it is merely rude (inadvertently saying or doing something hurtful), mean (purposefully saying or doing something hurtful, but not as part of a pattern of behavior), or arises from conflict between persons who perceive they have incompatible views and/or positions.

ATTENDANCE

EXPECTATIONS

Athletes are expected to attend every practice and every race.

Coaches are to receive prior notice if a rower will be absent or late to practice.

All absences are cleared through the Head Coach who determines if an absence is considered excused or unexcused.

Only serious home emergencies, injury or sickness, special religious commitments, or academic reasons are deemed excusable absences.

- For anticipated absences (e.g., religious observation) rowers should contact the Head Coach at the beginning of the season.
- For unexpected situations (e.g. emergencies, illness) the Head Coach should be contacted at least 2 hours before practice is to begin.

In accordance with district policy, a rower who is absent from school is not permitted to practice. *This is considered an excused absence but only if coach is properly notified.*

NOTIFICATION

It is important for coaches to be made aware of when a rower will be absent from or late to practice. When a member of a boat is absent, it not only impacts all other rowers in that boat but potentially the entire team should coaches have to re-configure line-ups to maximize training opportunities. Prior notice allows coaches time to better prepare for that day's practice.

Proper notification is direct contact by a rower or parent via text, email or phone call within 2 hours of when practice is to begin. Messages relayed by others (ie, fellow rower) are unacceptable.

UNEXCUSED ABSENCES AND TARDINESS

Parents of athletes who miss practice for an unexcused reason or whose absence is deemed unexcused will be notified by the coach and asked to acknowledge receipt of notice. The athlete will not be permitted to practice until the parent responds.

An unexcused absence may result in the rower, as well as the entire boat, missing the next scheduled race

Two unexcused absences could subject a rower to dismissal from the program.

Two 'late to practices' equal one unexcused absence and will be handled accordingly.

Athletes who are habitually late (more than twice a month), even if they provide prior notification, are subject to the corrective action.

While every effort is made to have rowers practice on water, an absent athlete's boat may not get on the water and will be assigned land practice.

RETURNING TO PRACTICE

An excused absence does not guarantee that the athlete's seat will be held.

Coaches cannot guarantee an athlete or boat a make-up practice in a scheduled week and boats may be made ineligible to race.

At the discretion of the Head Coach, rowers who return to practice after an absence may have to complete land workouts to makeup missed sessions.

ELIGIBILITY

In accordance with School Rules and Regulations “any student reported to the Assistant Principal’s office for scholastic or behavioral difficulties is subject to temporary or permanent removal from the athletic team.”

Rowers must maintain scholastic eligibility as outlined in the Haddon Township District Handbook.

Athletes are expected to abide by the training regulations of the program. Willful attempts to not perform the workouts as directed by the coaching staff will result in negative consequences as determined by the coaching staff.

USE OF COOPER BOATHOUSE

Athletes are not permitted inside the boathouse unless a Haddon Township Rowing coach is present inside the facility.

Athletes are to abide by all boathouse rules as outlined by the coaches. Willful attempts to damage any part of the boathouse or boathouse property will result in negative consequences as determined by the coaching staff or boathouse manager.

KNOWLEDGE OF SPORT

Athletes are expected to know and follow all rules of the river, distress signals, and emergency procedures as outlined by the coaches.

Each athlete is responsible to check the equipment before during and after each row and notify the Head Coach immediately if any malfunction occurs. A visual inspection should occur before and after every practice. Any loose or broken equipment should be reported to the Head Coach immediately.

Rowers are expected to bring to every water practice and race their own set of rigging tools that consist of the following: 10 mm wrench, 7/16 inch wrench, adjustable crescent wrench and 4 mm hex key.

COMMUNICATING WITH COACHING STAFF

Rowers are encouraged to contact Coaches via text and email under the following conditions:

- Contact is only attempted between hours of 6am and 9pm.
- A parent/guardian is made aware of and/or copied on all communication.
- Phone calls are discouraged unless critical for an athlete’s health and well being.

ADHERENCE

All rowers and parents must indicate their intent to comply with HTRC’s Code of Conduct and Team Rules by signing an agreement form. [Click on this link to access the team’s online Agreement Form.](#)

Revised and adopted by HTRC Board of Trustees September 2022.