

Haddon Township Code of Conduct and Team Rules

The following is a list of team rules, which members of the Haddon Township Crew must agree to follow both in and out of school. Parents are expected to support these rules and encourage their children to do so as well. Infractions of these rules can lead to dismissal from the program. Major indiscretions on the part of an athlete will be reported to Haddon Township School and dealt with accordingly.

1. Use of illegal drugs, alcohol, or tobacco will not be tolerated.
2. Hazing will not be tolerated. Any member who has directed, assisted, or engaged in hazing of another member of Haddon Township crew shall be investigated and subject to discipline in accordance with the guidelines set forth in School Board Policy.
 - a. Hazing constitutes any activity that recklessly or intentionally endangers the physical health, mental health, safety or welfare of an athlete for the purposes of initiation or membership in Haddon Township Crew Club.
 - b. If an athlete feels that he/she is being subjected to hazing from any member of the team, the head coach should be immediately notified. The head coach will address the situation directly with the athlete(s) and school administrators will be notified as necessary to properly address the situation with all individuals involved.
3. Bullying will not be tolerated. Any member of Haddon Township Crew Club who has directed, assisted, or engaged in bullying of another member of the club, depending on the seriousness and frequency, may be investigated and subject to discipline in accordance with the guidelines set forth in School Board Policy.
 - a. Bullying means intentional and repeated hurtful or intimidating words, acts, or behaviors, such as name-calling, threats and/or deliberate ostracism, committed by one or more of the athletes against another.
 - b. If an athlete feels that he/she is being subject to bullying the following course of action is recommended.
 - i. Notify the head coach directly. Depending on the seriousness and frequency, school administrators may be notified.
 - ii. Notify a team captain that will discuss the situation with the Head Coach.
4. Stealing will not be tolerated.
5. Misconduct, vandalism, foul language, insubordination, sexual harassment, or general disrespectful behavior to your coach, your teammates, or any other person, regardless of who they are, will not be tolerated.
6. All athletes are expected to attend every practice and every race. Only serious home emergencies, injury or sickness, special religious commitments, or academic reasons are excusable. Though an absence may be excused, your seat in a boat may not be held for you. An unexcused absence by a student may result in that student and those in their boat missing the next scheduled race. Two unexcused absences could subject a rower from dismissal from the program.
7. In accordance with School Rules and regulations located here: https://www.edline.net/files/b5df9b037a497cab3745a49013852ec4/2008-2009_Handbook.pdf students who are absent from school may not attend after school activities and are not permitted to attend practice and should therefore notify the coach immediately.
8. All absences are to be cleared through the coach prior to the practice and are subject to the coach's determination of excused or unexcused.
 - a. If a rower is to miss practice for an unexpected reason such as illness, the coach must be contacted by email or phone by 1 P.M. during the school week and 2 hours prior to practice on the weekend or school vacation days.

- b. All rowers will contact the Head Coach, Scott Wisniewski at Wisniewski.scott@gmail.com or by phone at 215.499.9115.
 - c. If no coach is properly notified of a missed practice the absence will be considered unexcused and bullet 6 will apply.
 - d. If an athlete incurs an unexcused absence his/her boat may not row and will have to make up the practice within two weeks or the next scheduled race. If no makeup practice is scheduled, entire boats may be made ineligible to race. Coaches will make an effort to schedule make up practices that are appropriate for the athlete's schedule.
 - e. Coaches cannot guarantee an athlete or boat a make up practice in a scheduled week and boats may be made ineligible to race.
9. 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."
10. Scholastic eligibility outlined on page 8 of the Haddon Township District Handbook applies.
11. Abide by the training regulations of the program.
 - a. Willful attempts to not perform the workouts as directed by the coaching staff will result in negative consequences as determined by the coaching staff.
12. Use of social networking websites such as Facebook and MySpace.
 - a. While there are no restrictions placed on the use of any of these networking sites, you are reminded you are a representative of the Haddon Township High School and Haddon Township Crew Team and should present yourself accordingly and appropriately.
 - b. Any inappropriate materials, pictures, or comments found on this site, especially as it pertains to rowing, competition, or your High School could result in disciplinary action.
13. Maintain appropriate sportsmanship at all times.
 - a. As an athlete on the Haddon Township Rowing team you are expected to act in accordance with good sportsmanship.
 - b. Threatening, distasteful, or inappropriate words or actions towards a competitor or teammate will not be tolerated.
14. Use of the Cooper River Boat Club.
 - a. You are not permitted inside the boathouse unless a Haddon Township Crew coach is present in the boathouse with you.
 - b. You are expected to maintain a clean and organized boathouse at all times. Bags and personal items should be stored neatly in designated areas.
 - c. All trash should be deposited in designated trash receptacles prior to leaving the boathouse.
 - d. Willful attempts to damage any part of the boathouse or boathouse property will result in negative consequences as determined by the coaching staff or the boathouse manager.
 - e. Doors should not be propped open at any time.
 - f. Any equipment not belonging to the Haddon Township Crew Club should not be touched without permission from the Head Coach.
 - g. Horse play is not permitted inside the boathouse or outside on the boathouse property.
15. Athletes who do not notify a coach of a possible tardy attendance to practice via cell phone call or text will first be issued a written warning, which must be signed by the athlete and parent and returned to me before returning to practice.
 - a. Athletes will be issued an unexcused absence for any additional infractions thereafter.
 - b. Additionally, athletes who are habitually (more than twice a month) late, even while notifying a coach are subject to the corrective action noted herein.

- c. Please note, in accordance with Rule #6 “Two unexcused absences could subject a rower to dismissal from the program”.
16. Athletes who miss practice for an unexcused reason or receive an unexcused absence for any reason are required to schedule a parent/coach conference prior to their return to practice.
- a. If a parent cannot attend a conference prior to a regatta, the athlete’s boat may be made ineligible to race.

The Haddon Township Crew Coaches as well as the Cooper River Boat Club Boathouse Managers are responsible for enforcing these rules. Members of the Haddon Township Crew Club could face negative consequences and even dismissal from the team for violation of the rules listed in this section.

Haddon Township Crew Code of Conduct & Team Rules (Specifically for Parents)

Each parent is expected to understand the communication policy of Haddon Township Crew.

- If you have questions/concerns regarding the operation of the team organization, you should contact the Club President.
- If you have serious concerns about coaching decisions you should contact the Club president and he/she will relay the concern(s) to the coaches on your behalf. Please note that most concerns involving coaching and coaching decisions can be answered by communicating with your child.
- If you must speak directly to the coaches, you may email them. The coaches ask that you do not call them to discuss their child. This policy is put in place for time management and fair practice purposes.
- It should be understood that the coaches expect the rowers to communicate directly with them about any concerns and questions they may have. Honest and open communication is vital to a rower’s development. It also allows the coaches to quickly address problems that may arise. Please reinforce this behavior and support your child in this request.
- On race days, parents are not allowed inside the Cooper River Boat Club during regattas or near the trailer during away regattas without the approval from the Head Coach.
- Board members are expected to follow the guidelines stated herein.

Haddon Township Crew Club Code of Conduct

General Safety Rules:

- Know and follow all rules of the river found here: <http://www.cooperrowingclub.org/> which the Head Coach will print and discuss with you.
- Know and comply with all Haddon Township Code of Conduct Rules & Regulations.

Keep Equipment Properly Maintained:

- Each athlete is responsible for checking the equipment before during and after each row and notifying 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.
- The shells will be wiped down with a dry/clean towel after each use. When appropriate and possible the shell will be rinsed with water first and then dried, focusing mainly on cleaning the waterline of the shell.
- Shells will be washed with soap and water before traveling to and returning from every regatta. This is an environmental concern and must be performed routinely.
- Any and all damage that occurs to equipment must be reported to the Coach immediately.
- Bow and stern caps should be checked to insure they are properly closed before every row, and opened after every row.
- Shoe ties should be checked to make sure they are secure.

Know Distress Signals & Emergency Procedures:

- Waiving arms overhead, holding an oar upright, waiving a shirt overhead, etc.
- If an athlete falls overboard, “weigh enough” immediately. The stroke of the boat will remove his/her oar; throw it towards the person overboard. The crew backs water to the victim. The person overboard should lie across the oar, move toward the boat and carefully get back in.

Procedure for capsized or swamped boats:

- DO NOT PANIC! Always stay with the capsized boat and wait for the coach’s launch. Boats are designed to have enclosed compartments that make it highly buoyant.
- Get your feet out of the foot stretchers quickly. The bow person should take a head count immediately.
- Get into dry clothing as soon as possible.

Signature of Parent

Print Parent’s Name

Signature of Rower

Print Rower’s Name