



JUNIOR SAILING CODE OF CONDUCT FOR SAILORS, PARENTS, AND COACHES

The Lakewood Yacht Club Seahorse Youth Sailing Program is designed to develop outstanding sailors and young individuals; maintain the safety of all participants at all times; promote ethical behavior; and teach lifelong lessons about character, teamwork, responsibility, and respect for others. Participation in the program is a privilege, and all sailors, coaches, counselors and parents are expected to meet the following expectations.

Safety

Maintaining the physical safety of sailors, coaches, and others is the top priority of the Lakewood Yacht Club Sailing Program.

- Follow all safety procedures and instructions given by race officials, regatta hosts, and other leaders.
- Provide assistance if another person is in danger. Notify a coach or responsible adult if you think another sailor is in danger.
- Always wear a personal flotation device while on the water.
- Do not leave Lakewood Yacht Club or the site of an event without first obtaining permission from a coach, parent or event host.

Sportsmanship

Everyone will 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 respect the authority of coaches and responsible adults. Accept constructive criticism from your coaches. Do not talk back to coaches, team leaders, or volunteers.
- Support your teammates at practices and regattas. Do not only think about yourself and your own performance. Attend as many practices as possible, show up and depart at the appointed times with all of your equipment.
- Remember that you are an ambassador of Lakewood Yacht Club. Never act in a way which would be embarrassing or detrimental to the Lakewood Yacht Club.

Respect for Others

Everyone will 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.

- 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, 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 disputes in a civil and respectful manner. If you cannot resolve the dispute directly with the other sailor, go first to coaches and then to the sailing administrators 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 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 on or off the water.

General

- All participants will abide by the By-Laws and Rules of Lakewood Yacht Club.
- Junior Flag Officers, as leaders and official representatives of Lakewood Yacht Club, will be accountable for their actions in accordance with their positions.
- Sailors must be held responsible for their own preparation. Parents should not assist sailors during rigging.
- Chalk-talks and de-briefs are time allotted for coaches and sailors to organize and/or re-cap their day. These are parts of practice which all sailors must be present for.
- Any sailor who is unwilling to sail or participate in the program activities will be sent home. Neither the instructor nor LYC can be responsible for students who are not participating in the program activities.
- Each sailor is responsible for his/her own belongings.
- Sailors will return boats and equipment to the proper storage areas as soon as possible upon completion of the class.

Parents and Adults

As the sailors are competitors, they shall be responsible for their own efforts, behaviors and success.

- Parents should encourage their children's sailing independence.
- Support the coaches in tactical decisions and management of sailors competing in regattas.
- Respect exclusion zones on race courses at regattas.
- Provide positive feedback to sailors at events while allowing the coaches to give advice and support.
- Parents should respect the values and rules of the sport, and teach those values to all sailors in the program. Do not be a source of outside help that would cause any competitor to break Rule 41 of the Racing Rules of Sailing.

- Register for events and sessions in a timely manner so that the Lakewood Yacht Club staff can plan efficiently and allocate resources. Pay all fees needed for your sailor(s) to participate.
- Volunteer to help with the logistics of practices, clinics and regattas. Participant and regatta fees do not cover every expense associated with the program. Parents will help with the logistics of towing boats, providing water and snacks at regattas for sailors and coaches, providing lunches for coaches, and helping to organize and run LYC events.
- Be a good representative of the Lakewood Yacht Club. Both member and non-member participants represent the Club at regattas and events.

Drugs/Alcohol

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

- Lakewood Yacht Club and Bay Access do not tolerate inappropriate or unlawful behavior, including but not limited to: the use of alcohol, tobacco, e-cigarettes or illegal drugs, fighting, harassment, bullying, sexual misconduct, criminal activity (excluding minor traffic offenses), failure to follow rules, unsafe or disruptive behavior, misuse of club property or the property of others, or threats to others.

Consequences

Any infraction of the Code of Conduct may result in warnings, suspension, or dismissal from the program at the discretion of the Director, Lakewood Yacht Club Board of Directors, or Management. Additionally:

- The policies outlined in the By-Laws and Rules of Lakewood Yacht Club apply to the Youth Sailing Program. Violations may be referred to the Membership Committee and the Board, and may include disciplinary actions as outlined in the Rules section V.B and By-Laws section 2.11.
- If Lakewood Yacht Club receives a report alleging a breach of conduct that has brought the Club into disrepute, or a report required by rule 69, 69.1(c) or 69.1(e) of the Racing Rules of Sailing, it will conduct an investigation.
- Class fees will not be refunded in these situations.

I agree to honor the spirit of Corinthian sailing, the fundamental rules of fair sailing, pledge honesty and integrity in general and will not deviate from the truth, or break the rules that govern our sport of sailing, nor tolerate such behavior in others.

Name:

Fleet:

Signature:

Date:
