



Junior Sailing Team

Code of Conduct for Junior Sailors

Sailors Code of Conduct

I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in GSC-JST activities.

Take a minute and think about the person that you admire the most. Are they sportsmanlike? Odds are that they are. Remember that everyone respects those who are good sports, not just good *at* sports. Follow these guidelines without fail, and your teammates and competitors will grow to respect you.

1. I will be considerate in victory and defeat. It's easy to be a good winner – only true sportsmen maintain their composure when things don't go their way.
2. I will treat my team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of gender or abilities. I understand that I may expect similar treatment from others.
3. I will help and encourage others. A kind word or lending hand goes a long way.
4. I will be polite and thank race officials, event organizers and other sailors. Remember that 99% of them have volunteered their free time to help **you!**
5. I will not be the loud one – do not swear at, intimidate or harass anyone including your teammates.

“YOU HAVEN'T WON THE RACE, IF IN WINNING YOU HAVE LOST THE RESPECT OF YOUR COMPETITORS” – PAUL ELVSTROM, 4 TIME OLYMPIC GOLD MEDALLIST

In addition to being a good sport, you promise to follow these rules and regulations and any other rules given by my coach:

6. I will be organized, be prepared, and be responsible for your own equipment and actions.
7. I will obey event and host club rules, on and off the water. You represent your Club at all times
8. I will not use, or tolerate the use by other team members, of alcohol, tobacco, or non-prescribed drugs.
9. I will maintain appropriate behavior towards opposite gender team members, and will not tolerate unseemly conduct by other team members.
10. I will respect the property of others, neither damaging or borrowing another's property without permission, nor tolerating such behavior by other team members. Borrowing anything without prior permission from the owner is stealing, and therefore prohibited.

11. I will follow all safety procedures given by my coaches and other responsible adults, understanding the paramount importance of safety. I will notify a coach or other responsible adult if I feel that another sailor is in danger.
12. I will not abuse my teammates, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every team member has a right to enjoy their participation. I understand that swearing, in any context, is unacceptable behavior.
13. I will attend practices and clinics and will notify a coach if I cannot.
14. I will strive to listen and learn from my coaches.
15. I will be responsible at all times for the transportation, safe storage, maintenance, and setup of my boat and other equipment.
16. I will behave and dress at all times in a manner consistent with the high standards expected of my team, of my country, and of myself.
17. I will have my boat rigged by the scheduled start time for both practice and regattas.
18. Each student is responsible for her own belongings. All personal belonging should be labeled with your name (life jackets, gym bags, bailing buckets, etc) GSC is not responsible for loss or damage to personal property of the student.
19. Students are responsible for damage done to GSC and GCSEF property or the property of another student.
20. No littering, anywhere

Disciplinary Actions

GSC and GCSEF employs a zero tolerance policy with regards to prohibited activities during program hours, on program premises and during travel events. This includes the use of illegal drugs, alcohol, tobacco, inappropriate use of controlled substances, and the carrying of firearms. Violation of the zero tolerance policy could result in immediate dismissal from the GSC-JST program. There will be no refunds or pro-ration of fees for suspensions or expulsions in connection with misconduct.

The GSC-JST Sailing Team Director (The president of GCSEF), GCSEF or GSC Board members, staff, and coaches are responsible for enforcing certain rules and may discipline GSC-JST participants when rules are broken at practices or while coaching at regattas. When a sailor is under the supervision of a parent team leader, the parent team leader has been provided guidelines to enforce rules and regulations consistent with the GSC-JST Disciplinary Action contained herein. In all cases the decision of the GCESG President or GSC Commodore is final. The guidelines are as follow:

- Level 1 Infractions - Disciplined at coach discretion and may include limiting practice time, isolation, exercises, or other testing.

- Level 2 Infractions - Review for suspension from one or more future program days.
- Level 3 Infractions - Possible removal from practice and review for expulsion.
- Level 4 Infractions - Removal from practice and review for expulsion.

Level 1 Infractions:

- Failure to obey coaches' instructions.
- Failure to display good sportsmanship including foul language.

Level 2 Infractions:

- Failure to obey coaches directions after repeated (more than two) warnings.

Level 3 Infractions:

- Purposely damaging or destroying property of others.
- Repeated incidents of behavior unbecoming a member of GSC-JST.
- Lying to Judges or Jury about Racing Rules of Sailing violations.
- Behavior or conduct which reflects poorly on GSC-JST. These behaviors could include, but are not limited to: bad treatment of or talking back to judges, coaches, regattas officials, hosts, my team members' or other competitors.

Level 4 Infractions:

- Stealing.
- Using drugs, alcohol, tobacco or non-prescribed drugs.

I have read the Code of Conduct and pledge to abide by them. I have also read and understand the Disciplinary Action and agree to abide by any rulings.

Sailors Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____