



## **The Hingham High School Rowing Association Code of Conduct for Athletes**

Welcome to rowing. You've elected to join a sport that is more than fun – it creates within you physical, emotional and spiritual awareness that few can understand. From the beauty of a spring day, the exhilaration of a championship race against crews from across the country, to the power you will experience growing in you as you train for fall and spring competition across the rowing leagues that we participate in.

You will be using and racing in equipment that costs thousands of dollars. HHSRA provides for the most exceptional equipment possible to ensure our crews have the most optimal chance of excelling in racing.

In order for you as a Hingham High School student athlete to get the most out of the rowing program you're joining, your coaches, program staff and the HHSRA Board are charged with enforcing these simple guidelines to make your experience safe, rewarding and enjoyable.

### **Code of Conduct**

As an organization chartered and affiliated with the Town of Hingham and under the direction of the Hingham High School Athletic Department, the Hingham High School Rowing Association expects all rowers to adhere to the following Rules of Conduct:

1. Rowers shall be expected to comply with the Hingham High School Code of Conduct for Athletics, found starting on page 53 of the Handbook (*HHS Code of Conduct link once active online*)
2. Rowers shall at all times exhibit kindness, good sportsmanship and a mature demeanor towards their fellow rowers and competitors
3. Rowers shall exhibit at all times respect and care for the equipment and boats in which they row, inclusive of ergometers, boats, and all extraneous parts of the boat.
4. Rowers shall exhibit respect towards their coaches, team captains and coxswains at all times.
5. Rowers shall complete all forms and paperwork before the season starts.
6. Any student found to use or be in possession of alcohol, tobacco, or any drug or controlled substance will be subject to loss of athletics privileges in accordance with HHS/MIAA rules. MIAA rules. [MIAA Rules Found Here](#)

7. Rowers will ride the bus to and from regattas

8. Both parents and students understand the importance of attending all practices and races. Before the season begins, take a careful look at the schedule. If there is more than one event on the schedule you cannot attend, you should not join the team.

9. Students will stay eligible by managing their time well between academics and the team, per the HHS Code of Conduct

Any violation of these rules, either reported, observed, or forwarded to any HHSRA program staff or board member will be grounds for suspension. Two observed violations will result in automatic dismissal from the program for the season. Violations do not need be of the same conduct offense

### **Care for Equipment**

Rowers are privileged to exercise and compete in a fleet of vessels and equipment worth over \$500,000. In order to maintain the equipment at peak condition for rowers throughout the year, HHSRA has embraced a policy of 'race ready'. This means that all rowers, coaches and program staff who use or supervise the use of rowing equipment are expected to do the following:

1. Prior to Workout – Verify that the equipment is in good working condition for the exertion you are about to place upon it. When in doubt, report your concerns to a coach.
2. Post Workout – Ensure that all equipment is returned to it's appropriate place – cleaned and any breakage documented.
3. Report any Breakage or Degraded / Non-functioning equipment – reporting broken or less-than-functioning equipment alleviates stress on the system and results in a happier rowing experience for all. All reports will be treated confidentially – there is no penalty for reporting broken equipment.