



CORTLANDT COMMUNITY ROWING ASSOCIATION

**RIGHTS OF INDIVIDUALS**

*All participants in rowing, including children, competitors, coxswains, coaches, umpires, marshals and spectators have the right:*

***To enjoy safe participation in rowing***

***To be treated as individuals at all times***

- To express their views in ways that are respectful to others
- To be listened to and believed
- To determine their own goals and participation in rowing
- To seek and receive support to help them develop
- To balance rowing and other aspects of their life

***To be treated with respect***

- To enjoy an environment free of discrimination
- To participate free from the threat of abuse, including verbal abuse, bullying, outbursts of rage, neglect, and sexual harassment
- Not to be subject to humiliation, shame or insult

***Not to be exploited***

- Not to be pressured to train or compete
- To adequate rest and recovery
- Not to train or compete when ill or injured

**CODE OF CONDUCT FOR ROWERS & PARTICIPANTS**

*At all times, when practicing, training or competing, rowers and participants should:*

***Follow the policies and procedures of***

- Cortlandt Community Rowing Association
- USRowing
- The competition or event

***Respect the rights, dignity and worth of others***

- Act in a sportsmanlike way
- Avoid swearing and shouting
- Do not threaten others nor engage in acts of verbal or physical abuse
- Keep to agreed timings, or inform the relevant person if they are going to be late

***Treat the equipment with care and respect***

- Learn and follow proper boat handling on land and water
- Do not use damaged equipment, report it for repair to coach or board member
- Participate in boat maintenance and repair
- Keep the boat racks and dock area free of litter and debris

***Represent the CCRA at events***

- Follow the directions of marshals, umpires and officials
- Accept the decisions of officials
- Support teammates during entire event

**Acknowledged by:**

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date