

Tamalpais High School Sailing

CODE OF CONDUCT

Representing Tamalpais High School and Sausalito Yacht Club as a member of a Sports Team is a privilege that student athletes must accept with a full sense of responsibility. Along with this, it should be understood that each member represents the school, the yacht club, and the team; and the image one demonstrates will be regarded as the standard for these organizations. It is the desire of the coaches and the yacht club that the image for the Tamalpais High School Sailing Club be of a positive nature, and one that will enhance the image of the team both inside and outside the community. This accepted kind of behavior and attitude is expected to be shown at practices, at regattas, on and off the water, and at any events the team may participate in.

This "Code of Conduct" shall act as the guide by which all team representatives will conduct themselves in any capacity or endeavor. The code contained herein covers the areas of personal behavior, attitude, courtesy, academics, sportsmanship, and commitment to the program.

**Each team member and parent is expected to thoroughly review this conduct code before the season begins, and should keep a copy at hand, in order to refer to it if necessary.

A. GENERAL BEHAVIOR

- a. Language: the use of profane or improper language, is not acceptable. Extreme verbal outbursts show a lack of self-control and immaturity; these reflect on the school as well as the club, the team, and the individual.
- b. Attitude: There is an expectation that all athletes be courteous, mature, cooperative and respectful at all times. Individuals should conduct themselves with the knowledge that they, alone, are responsible for their own actions.
- c. Sportsmanship and Fair Play: In all practice and regatta situations, athletes are expected to perform to the best of their ability, within the context of specific rules of their sport. Sportsmanship and fair play to teammates, opponents, and officials, should be in the forefront of a team member's basic philosophy and attitude.
- d. Team Initiation- Intimidation (bullying): Team initiation often intimidates new team members by forcing them to perform acts that are deemed offensive, unsafe, humiliating or poor taste. For these reasons, there shall be no initiation of new team members who are participating on the Tamalpais High School Sailing Team.

B. Drugs and Alcohol

- a. Smoking and Smokeless Tobacco: Smoking is detrimental to your ability to perform, and therefore hinders both you and your team, in addition to your personal health. Smoking is not an acceptable activity for members of this team.
- b. Alcohol and Drug Use: The use of alcohol or drugs in a non-medical fashion will not be tolerated under any circumstances, and will result in immediate dismissal from the team. Reinstatement to the team will be at the discretion of the coach. If such items are found while on a travel regatta by a chaperone the coach must be contacted. Parents will then be made aware of the issue and the athlete will be sent home at the expense of the parents.

By signing this document I understand what has been laid out above and what is required of me as a member of this team.

Student Signature

Parent Signature

