

# BSRA Athlete Code of Conduct

Below, you will find your Code of Conduct. Any violations of the code of conduct shall be dealt with in the following order of warning and review. **First**, a verbal warning from coach to athlete. **Second**, a written warning from coach to athlete and a conversation with a parent(s). **Third**, and official write up and conversation with both the athlete and a parent(s) followed by a suspension from training and competition for at least 1 competitive season (fall, spring, or summer) without refund.

**Misconduct that imposes physical harm to others will be immediately reported to the BSRA Vice President of Rowing for further action.**

## Goals

- Foster and maintain an environment which promotes physical and emotional well-being, as well as encourages a healthy balance between family, school and sport.
- Teach rowing skills and inspire commitment to improving these skills through focused training and opportunity to compete locally and regionally.
- Create and reinforce a culture of respect for the athletic community, team equipment, and safety guidelines.
- Build teamwork, sportsmanship and competitive integrity with a spirit of camaraderie and enjoyment.

## Values

- Balance
- Sportsmanship
- Commitment
- Integrity
- Respect
- Enjoyment
- Teamwork
- Inclusivity

I recognize that my actions and attitudes reflect on the team and community, and I will always represent myself and Buffalo Scholastic Rowing Association in a positive manner.

- I will respect my teammates, coaches, parents, volunteers, race officials, competitors and myself.
- I will use good judgement and responsible behavior.
- I will support my teammates' efforts and celebrate their successes.
- I will not, in-person, via phone, text or online:
  - Make offensive comments based on physical attributes, skills, gender, race, ethnicity, culture, religion, sexual orientation, or disability.
  - Violate the rights or privacy of others, or bully or haze them.
  - Use abusive or obscene language/gestures/images; fight, use weapons, lie, or steal.
  - Engage in inappropriate displays of affection
- I will not use or possess alcohol, tobacco, weapons, illegal drugs, prescription drugs which have not prescribed for me, or performance enhancing drugs.

# **BSRA Athlete Code of Conduct**

## **I. Safety and equipment:**

- I will follow commands from my coxswain, any BSRA coach, and any regatta official, will responsibly look out for the safety and well-being of myself and others.
- I will respect and properly use all equipment and facilities of BSRA and host organizations. If I am unsure as to proper safe usage, I will ask for instruction.
- I will never take out equipment without permission and supervision.
- In the case of swamping or capsizing, I will stay with the boat. If assistance is not immediately available, all members of the boat will stay together and swim the boat to shore.
- In case of a crew member overboard, injured, or incapacitated, I will stop rowing and ensure one of the crew members signals the coach.
- I understand that I must report any injury, however minor, to the coach immediately.

## **II. Communication**

- All coach/athlete communication will occur through email.
- In the event of an emergency, or if you or any teammate are in any kind of danger, phone calls are permitted.
- All meetings outside of normal practice times will include at least 2 coaches

## **III. Parking/Pickup**

- Rowers are to be dropped off and picked up in the 301 Ohio Street lot, over by the boat trailers. Athletes will walk to the boathouse from the lot. Under no circumstances should a parent pickup/drop off an athlete in front of the boathouse.

## **IV. Practice Attire**

- Members of the BSRA rowing team will always wear at least a tank top and spandex shorts. No shirtless rowing for the men and no “sports bra only” rowing for the girls.
- Varsity men and women are required to wear spandex shorts/pants whenever they are in the boat. Tennis/basketball shorts are not allowed on the water or erg. Novice rowers can discuss this with their coaches.

## **V. Regattas**

- Only family members and fellow BSRA oarsmen/oarswomen are allowed under our tent at regattas. Members of other teams, significant others, or visiting friends can meet you in public areas around the regatta.
- While under the tent, be respectful of your teammates who want to rest.
- Athletes are responsible for bringing weather appropriate clothing and their race uniform.
- Coxswains are responsible for their race coxbox, and location of their boatmates before/after their scheduled race.

# **BSRA Athlete Code of Conduct**



**Coaches who discover a violation will consider the severity of the violation and how it impacts the team or safety of an individual. They will follow the Warning and Review procedure unless deemed necessary to report misconduct to the BSRA Vice President of Rowing.**

**I certify that I have read and understand this Athlete Code of Conduct and will adhere to policies outlined here and in the Buffalo Scholastic Rowing Association's Handbook.**

\_\_\_\_\_  
**Athlete Signature**

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

\_\_\_\_\_  
**Date**

# BSRA Attendance Policy

Rowing is the ultimate team sport. Just one person missing has a domino effect, and can negatively impact the entire team. Athlete absences or tardiness require coaches to re-work lineups, change training plans, and delay the start of practice, which results in less time for the entire team to practice and prepare for regattas. When athletes do not attend regattas, boat assignments and racing lineups must be changed, which may result in disqualifications, missed racing opportunities for your teammates, and extra regatta fees. Individual and family schedules need to be adjusted accordingly. After-school commitments, medical appointments, family trips, etc. should be planned around practice times and regattas.

## What is expected:

- Athletes will attend all scheduled practices and regattas, arriving on time, dressed in weather-appropriate clothing, with running shoes, sunscreen, and a full water bottle.
- All athletes will assist with practice/regatta set-up including, but not limited to un/loading and de/rigging boats, carrying oars, boats, and launches to the dock, and ensuring their own seat, foot stretcher, oarlock and riggers are correctly adjusted.
- Athletes must plan individual and family commitments around practice times and regattas.
- Athletes must inform head coach of any unavoidable conflicts (e.g. religious observance), including exceptional circumstance that requires an athlete to arrive late or early:

**Regattas: at the beginning of the season    Practices: At least 1 week in advance**

- It is the responsibility of the athlete/parent to email the head coach, with the appropriate assistant coaches copied in, regarding a planned absence with a specific reason. If the athlete sends the email, a parent must be copied in.
- In the event of last-minute illness, sick day from school or family emergency, the parent should contact the coach immediately.
- Athletes will remain at the practice or regatta until all equipment is put away, secured on the boat trailer, and the team is dismissed by the coach.
- If an athlete or parent has any concerns about the athlete's medical fitness for rowing, discuss this with your physician, and if necessary, provide a medical excuse from rowing or have the athlete cleared to row by the physician.

## What is unacceptable:

- Athletes arriving to practice late or leaving early.
- Athletes shirking their responsibility to help un/load and de/rigging boats, carrying oars, boats, and safety launches to the dock, and ensuring their own seat, foot stretcher, oarlock, and rigger are correctly adjusted.
- Last minute text messages from an athlete to excuse him/herself from practice
- Asking a fellow team member to report an athlete's absence to the coach.
- Attending practice, but asking to be excused from rowing due to minor aches and pains. Please provide a medical excuse from rowing or have the athlete cleared to row by the physician.

# BSRA Attendance Policy

## Consequences:

- After 3 unexcused absences, the athlete is suspended from the next race.
- If the athlete has an unexcused absence during either of the 2 practice days prior to a race, the athlete is suspended from that race.
- Athletes/families will remain financially responsible for all races, regardless of suspensions.



I certify that I have read and understand this Attendance Policy, and will adhere to the guidelines.

\_\_\_\_\_  
Athlete Signature

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

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

\_\_\_\_\_  
Date

# Swimming Ability Statement

The Buffalo Scholastic Rowing Association requires team members to complete a swim test. The purpose of the swim test is to assess whether, in the event of an emergency, the participant is comfortable enough in the water to remain calm and afloat, get back to the boat, hang on, and follow instructions of the coaches on what to do next. Swimming speed or style is not relevant. Any athlete who is unable to successfully pass the swim test must wear a PFD (Personal Floatation Device) when rowing.

## Swim Test Requirement:

- Participant can tread water for 10 minutes while wearing a tee shirt.
- Participant can swim 50 yards, while wearing a tee shirt.
- The participant is not permitted to rest on the side of the pool or touch the bottom of the pool during the test.

A swim test will be scheduled at the beginning of the season for new rowers. A copy of the test results or an exemption will be kept on file with BSRA.

To be exempt from this requirement, a parent may complete this form to attest to the athlete's ability to meet the minimum swimming requirements. Complete electronically or print and complete: email form back to [info@rowbuffalo.com](mailto:info@rowbuffalo.com).



My child, \_\_\_\_\_, demonstrates the ability to complete the swimming activities listed above.

Additional documentation (optional, but preferred):

Red Cross Swim Card; please attach a copy of the swim card

OR

My child participates in a swim program through a school, athletic or other organization:

Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Phone or Email: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# BSRA Payment Policy

## **No-Risk Trial Membership:**

- New Fall, Winter, Spring or Summer participants may contact the BSRA staff to request a 2-week opportunity to determine if rowing is right for them.
- All registration requirements/paperwork/fees must be submitted.
- A full refund will be provided if an email is sent to [info@rowbuffalo.com](mailto:info@rowbuffalo.com) announcing the decision to withdraw before the end of the first 2 weeks.

## **Season Registration Dues:**

- The Buffalo Scholastic Rowing Association is a non-profit organization. All costs (coaches, equipment, facilities, insurance, etc. are largely covered by member dues.
- We work to keep dues as low as possible each year.

## **Season Registration Fees:**

- Seasonal Fees are applied based on whether facilities are needed to rent, and how many regattas the team will be attending per season.
- Certain programs will have additional costs for special travel circumstances that arise for Varsity athletes (i.e. in the Fall: there would be travel expenses for an individual should their boat get into the Head of the Charles, which is not a team-regatta, and therefore is not covered by the Fall Fees).

## **BSRA Membership:**

- In order to participate in BSRA sponsored rowing programs (Masters, WeCanRow, Adult Unaffiliated, and Adult Sculling), the rower must purchase a BSRA Membership. Options for annual BSRA Memberships are as follows:
  - General Membership - \$100
  - Family Membership - \$100 + \$25/additional household family member
  - Sustaining Membership - \$200
  - Gold Membership - \$500
  - Platinum Membership - \$1,000

## **Uniforms:**

- Official BSRA race uniforms are supplied by Regatta Sport in St. Catharines, Ontario
- Masters uniforms are coordinated by the Masters team
- Competitive BSRA athletes must purchase a uniform
  - Tank tops are \$50 for men and \$55 for women
  - Unisuits are \$90
  - Hats or visors are recommended and are available for purchase

# BSRA Payment Policy

## Refunds, scholarships and discounts:

- **Refunds:**
  - New participants are not required to pay for any program during their 2-week risk free trial.
  - Returning athletes who cancel 2 weeks before the start of any given program may receive a 75% refund.
  - Returning athletes who cancel less than 2 weeks before the start of any given program will not be eligible for a refund (excluding extraordinary circumstances)
  - If a participant is asked to leave a program due to disciplinary or account-payable issues, no refund will be issued.
  
- **Scholarships:**
  - Scholarship opportunities are available for BSRA programs
  - Each program will have the appropriate scholarship application on that program's webpage on [www.rowbuffalo.com](http://www.rowbuffalo.com)
  - Participants who are submitting a scholarship **should not register** on the website until a determination is made regarding the awarded amount
  - Scholarships applications are reviewed by a board committee
  
- **Discounts:**
  - U26
    - Individuals who are 26 or younger at any point of the year in which they are registering for programs, are given a 50% discount to BSRA programs
    - Masters - 50% discount
    - Learn to Erg - 50% discount
    - Adult Learn to Row - 50% discount
    - Adult Sculling – Price set to reflect price reduction
  
  - Coaches
    - Coaches receive a 50% discount to participate in any program
  
  - Youth LTR
    - For 2 or 3 sessions – a \$50 discount will be applied to all sessions
  
  - Modified Sculling
    - For 2 or 3 sessions – a \$50 discount will be applied to all sessions



# BSRA Payment Policy

## Late Payments:

- Payments are considered late if they are not received within a week of the program's start date.
- Should the Dues and or Fees for a rowing program be not paid in a timely manner, the BSRA will manually send invoices for the amount due.
- The BSRA covers the processing fee for on-time online payments, but the rower will be responsible for the processing fee for any late, or invoiced payments.

## Payment Options:

- All program dues and fees are processed through the BSRA website, [www.rowbuffalo.com](http://www.rowbuffalo.com)
- If a rower wants to request a scholarship, they may do so on the BSRA website (Rowing Programs -> Scholarship Request)
  - Do not proceed with program registration until a decision has been made regarding the scholarship request.
- If the registrant cannot pay via card online, a registrant may request a paper copy through [info@rowbuffalo.com](mailto:info@rowbuffalo.com).
- Paper registrations should be accompanied by cash or check upon returning the registration form via mail to 405 Ohio Street, Buffalo NY, 14204
- Online payments for seasonal programs can be paid as a lump sum, or via a payment plan
- Fees are always paid in full at time of registration
- Payment by check:
  - Make checks payable to BSRA
  - Mail to: 405 Ohio Street, Buffalo NY, 14204