

Sailors Code of Conduct

PLEASE READ AND SIGN:

I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in North Star Junior Sailing Program activities and will follow these rules and regulations and any other rules given by my coach:

- I will not use, or tolerate the use by other team members; alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is necessary in order to achieve individual and team success.
- I will maintain appropriate behavior towards opposite gender team members, and will not tolerate unseemly conduct by other team members.
- I will dress appropriately both on and off the water, recognizing that my appearance at all times reflects not only on myself; but also on my team and NSJS.
- I will respect the property of others, by not stealing, damaging, destroying or borrowing another's property without permission, nor tolerating such behavior by other team members.
- I will treat my team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, national origin or abilities.
- 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.
- 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.
- I will encourage good sportsmanship from fellow sailors, coaches, and parents.
- I will attend every practice and clinic that is reasonably possible and will notify a coach if I cannot.
- I will strive to listen and learn from my coaches.
- I will be responsible at all times for the transportation, safe storage, maintenance, and setup of my boat and other equipment.
- I will never leave my training site or lodgings without first obtaining my coach's or host's personal permission.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Disciplinary Actions

PLEASE READ AND SIGN:

North Star Junior Sailing 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 program. There will be no refunds or pro-rating of fees for suspensions or expulsions in connection with misconduct.

The NSJS Junior Program Director, staff, and coaches are responsible for enforcing certain rules and may discipline NSJS 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 NSJS Disciplinary Action contained herein. In all cases the decision of the NSJS Program Director is final. The guidelines are as follows:

Level 1 Infractions - Disciplined at coach discretion.

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

Level 2 Infractions - Review for suspension from one or more future program days.

- Failure to obey coaches' directions after repeated warnings.

Level 3 Infractions - Possible removal from practice and review for expulsion.

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

Level 4 Infractions - Removal from practice and review for expulsion.

- Stealing.
- Fighting and/or serious threats of violence
- Using drugs, alcohol, tobacco or non-prescribed drugs.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

PLEASE READ AND SIGN:

The Travel Team Policy extends to any NSJS Program Sailor who participates in an event under the supervision of a NSJS coach or parent team leader away from NSJS premises. This includes single day regattas/events to local area clubs. The same general rules apply for all - from Opti Green Fleet to High School Seniors. Participating in events away from NSJS is both fun and very beneficial to improving your overall sailing skill level. It teaches organization and boat transportation care, it provides greater competitive challenges and promotes team camaraderie. However, it is a privilege that must be treated as such. The planning and logistics even for a single day can be significant. Someone has to transport boats, coach boats, equipment, sailors, personal gear, food, drinks, and other items needed for extended stays. Your participation requires not only yourself but coaches, parent volunteers, and chaperones for overnight trips.

When representing NSJS on trips, you are responsible for your actions. You must continue to abide by the Sailors Code of Conduct. To amplify this overarching Code, additional guidelines have been developed that are particular to your expected behavior while traveling with the SSA Junior Program.

These policies are:

- Sailors are not permitted to be driven by NSJS coaches
- During sailing activities, sailors are under the supervision of coaches. Sailors are under the supervision of chaperones and/or parents/guardians at all other times.
- All bags and belongings are subject to inspection
- Beverages brought by sailors must be sealed and labeled; subject to chaperone inspection
- Sailors are required to stay with the team at all times, including the ride to and from the event unless the parent or guardian has made other travel arrangements prior to the trip
- Curfews set by chaperones must be adhered to; they are for the protection of the sailors and necessary for the welfare and reputation of the team
- After curfew hours sailors must return to their assigned room
- Do not use the phone or TV in a frivolous manner; do not order movies or room service without permission
- Noise levels are to be kept to a minimum including TV, radio, and talking
- Sailors are not permitted to swim unless the chaperone is aware and an adult is present
- Sailors should engage in team activities only.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

You are responsible for your actions!
When in doubt ask the chaperone or adult responsible.