

# **Augusta Junior Rowing**

## **Coaching Staff Code of Conduct, Rules, Policies, and Procedures**

Augusta Junior Program coaches are expected to adhere to the following the rules and protocols of the Code of Conduct at all times. The safety of the athletes is the first priority of the program

### **Conduct**

#### **Professionalism**

Members of the Augusta Junior Coaching Staff are expected to act in a professional manner at all times when around athletes. They are expected to be role models and set examples before, during, and after practices and competitions.

#### **Coach and Athlete Contact**

Contact between a coach and athlete is expected to be professional. Any contact with an athlete, under any circumstances, which is inappropriate will not be tolerated. Inappropriate contact occurs when a coach, who is in a position of authority, attempts to take advantage of a young athlete. This may be physical or verbal. Inappropriate contact and unprofessional behavior can result in immediate termination.

#### **Coach and Parent Communication**

Contact between a coach and parent(s) is expected to be professional. Disagreements may be referred to the Head Coach or Junior Board of Directors.

#### **Head Coach**

The head coach shall be responsible for making sure line-ups and fees are registered with the upcoming regattas in a timely manner. The head coach shall be responsible for all releases to be available in a notebook form at the regatta for each rower entered in the races. The head coach will work closely with the parent board of directors.

### **Authority**

The coaching staff is in charge of the Augusta Junior Rowing Program except in specific instances where a parent is appointed as a chaperone. Coaches may designate team captains and/or coxswains to be leaders of the team. Coaches are directly accountable to the Junior Board of Directors, and the Boathouse Manager of the club will have final authority at all times.

### **Athlete Safety**

#### **Swim Test and Safety Video**

No athlete can row before performing the swim test or before watching the safety video.

#### **Boathouse, Land Training, and Weight Room**

No athlete is allowed to train at the boathouse without the prior approval of a coach. Coaches are expected to choose safe exercises and activities that do not encourage injuries and are appropriate for the age and physical ability of each athlete. Coaches will teach athletes how to properly perform exercises. In the weight room, athletes are expected to warm up and stretch properly before training. Athletes cannot go in the weight room unless a coach is aware. Maximal lifting will not be allowed unless in the presence of a coach. Horseplay, running, reckless behavior, or violence will not be permitted. Any complaints of pain in an athlete beyond soreness must be addressed and managed by the coach first before that athlete continues to train. Parents will be notified if necessary.

#### **Water Training and Supervision, Contact with Non-Rowing Traffic, and Behavior on Water**

No rowers will leave the dock without permission from their assigned coach. Rowers are not allowed to practice on water without a designated supervising coach on the water and who has been made aware of the presence of the boat or boats. There is no exception to this rule.

Only a coach can directly communicate or exchange any contact with a fisherman, pleasure boat, or other motorized craft on the water. All incidents are to be reported directly to the Boathouse Manager by either a coach or athletes or a combination of both.

Coaches are responsible for any damage that their launch wake produces. When under speed, coaches are to stay as far away from docks and houseboats as possible. When around houseboats a coach can only operate the launch at idle speed.

### **Equipment Handling**

Each athlete and coxswain must be taught the exact commands and proper methods for handling and using equipment so that injuries to themselves and their teammates are prevented.

### **Weather Conditions and Practices**

Coaches will train athletes indoors during inclement weather; however, they can train outdoors during a light rain shower to prepare athletes for similar conditions at regattas. Coaches will not take athletes on the water in unusually high wind or choppy water conditions, heavy downpours, or tornado or other severe weather watches. There are no exceptions. In the event that lightning occurs while athletes are on the water the procedure shall be: A) If the boathouse is within sight, the coach and coxswain will proceed immediately to the dock by traveling along the sides of the river. The boat and oars will be left on the dock and the athletes and coach will immediately seek shelter in the boathouse. The boat and oars will be retrieved when the danger of lightning is over and none can be seen in the sky. B) If the boathouse is not within sight, the coxswain is to proceed directly to the nearest shoreline where the rowers can safely get out of the boat to find shelter on land. The boat and oars will be retrieved when the danger of lightning is over and none is seen in the sky.