

## Atomic Code of Conduct

SP24

My signature below indicates that I have read, had an opportunity to get clarifications, and agree to abide by the Atomic Code of Conduct.

- At Atomic, we win and lose with grace and good sportsmanship: I will act in a manner reflecting well on me, my family, ORRA and Atomic.
- I understand that I represent ORRA and Atomic in my online and face to face interactions and that all Safesport rules around bullying and harassment apply in those domains and that prohibited behavior may result in disciplinary action.
- I will make every effort to attend practice and be on time. I will be responsible for communicating anticipated absences as outlined by the coach. I understand spring boatings and workouts are prepared before practice starts and coaches expect my attendance unless I have documented my absence 24 hours in advance.
- I will have a full water bottle and wear necessary rowing attire: closed toed athletic shoes, tight fitting tops and bottoms, layers for cold/wet weather and a change of clothing in case workout clothes get wet.
- I understand athletes are expected to support their teammates through demonstrated effort, respect for others and all equipment, and maintaining a positive attitude.
- I will not engage in horsing around, excessive yelling or other attention-drawing behaviors while in and around the boathouse, at practice and at competition.
- I understand that controlled substances and weapons are not allowed at practice or at rowing related functions, and Juniors are not allowed to possess tobacco or alcohol. As a Junior I know that if my behavior causes sufficient concern, my food or drink may be confiscated or my bag searched at the discretion of coaches and/or chaperones.
- Questions can be asked, and necessary meetings arranged, by emailing the Athletics Director at [lglenn@orra.org](mailto:lglenn@orra.org)

Printed Name: \_\_\_\_\_

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

(For youth program participants)

As the parent of an Atomic athlete, it is important that you agree to support your athlete in upholding this code of conduct. By signing below, you acknowledge your understanding of our code of conduct and there may be consequences for failure to comply with it at all times.

Parent Printed Name: \_\_\_\_\_

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