

## Atomic Code of Conduct

I have read 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 any rowing-related activities, and juniors are not allowed to possess tobacco, illegal drugs or alcohol. If my behavior causes sufficient concern, I understand my food or drink may be confiscated or my bag searched at the discretion of coaches and/or chaperones.
- Questions may be asked, or necessary meetings arranged, by contacting the ORRA and Atomic Athletics Director.

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

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

For Junior Program participants:

As the parent of an Atomic athlete, I understand it is important for me to support my athlete in upholding the Atomic Code of Conduct as well as follow it myself. My signature below means that I understand and accept this responsibility.

Parent printed name: \_\_\_\_\_

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