



St. Louis Rowing Club

SLRC CONDUCT PLEDGE for Adult Rowers and Adult Members

This Conduct Pledge sets out the principles that all St. Louis Rowing Club Adult Rowers and Adult Members should follow in our interactions with fellow Club members, our greater St. Louis community, and with our rowing peers throughout the United States. Adult Rowers and Adult Members must act and take actions with an eye to safety, mutual respect, courtesy and the overall welfare of the SLRC. Rowers and Members who fail to uphold the SLRC Code of Conduct may be subject to disciplinary action in accordance with Section 2.15 of the By-Laws, including possible suspension or expulsion. Adult Rowers and Adult Members agree to abide by the following principles:

1. **Put safety first.** Follow Club safety rules, including general procedures in and around the boathouse, on the docks and on the lake, including the Coxing Manual, special restrictions during cold weather, attention to heat danger, the presence of lightning and hazardous wind. Respect traffic patterns when on the lake and watch for others who may not. Use boat lights in cases of early morning or night time rowing. Row with coaches present, except in singles or doubles.
2. **Treat equipment and facilities with utmost care.** Use Club equipment only as authorized by your coach. Make sure boat use is always recorded in the log book. Report any damage to equipment or facilities or equipment failure to a coach, and in writing. Keep the boathouse and surrounding areas neat and clean.
3. **Pay dues and fees on time, and complete required Club documents and Waivers.**
4. **Respect the rights, dignity and worth of every Member.** Be welcoming and helpful to others. Don't discriminate based on age, disability, race, ethnicity, religion, gender or sexual preference. Harassment, bullying and the creation of a hostile environment is prohibited in all Club settings and online. Don't speak badly about the Club, its officers, employees or Members. Act and take actions that demonstrate integrity and your commitment to protect the integrity of your teammates, fellow Members, and the Club in general.
5. **Volunteer.** SLRC relies on Members for boathouse cleaning, maintenance, fundraising, travel preparation, learn-to-row training, and more. Do your part.
6. **Keep the welfare of the whole Club in mind** – and not just your boat, group of rowers or team. Understand the needs and purpose of each program and how they interconnect. Take particular care to be a positive role model for Junior Rowers and get to know them and their parents to the extent possible.

7. **Comply with all laws and sport regulations on substance abuse.** Illegal consumption of alcohol and illicit drugs is prohibited at the boathouse, during practice and during regatta racing, and at any SLRC event. Use of performance-enhancing drugs and supplements must be in accord with the policies of U.S. Rowing. Prioritize good health and set a good example for others.
8. **Be a good sport on and off the water.** Be gracious in victory and defeat. Be courteous and thoughtful to teammates and coaches during practice, and to teammates, coaches, opponents, officials, volunteers and spectators at regattas. Help in the preparation for regattas, including preparing boats and equipment to be transported to and from regattas – plan your schedule accordingly. Follow through on your commitments, including regatta participation. Don't cancel except in cases of emergency or illness.
9. **Avoid conflicts of interest.** Don't use official Club channels to promote your personal or business, but unrelated, interests. Don't use or provide the Club Member list outside the Club without the express permission of the President or Board of Directors of the Club. Don't mix your personal or business interests with Club interests.
10. **When in doubt about appropriate behavior or expectations, ask a Coach or Board Member for guidance.**

I have read the SLRC Code of Conduct and this Conduct Pledge and agree to abide by these rules and expectations.