

# Olentangy Rowing Club

## Participant Safety and Code of Conduct

Prior to beginning activities with Olentangy Rowing Club (ORC), each participant must review, be familiar with, and agree to abide by the following Athlete Safety Policy and Code of Conduct:

### ATHLETE SAFETY POLICY

1. ALL PARTICIPANTS MUST VIEW AND BE FAMILIAR WITH THE USROWING SAFETY VIDEO, a link to which can be found at the "USRowing Links" page on the ORC website. Participants are expected to approach any ORC coach with questions or concerns regarding the video.

2. As a member of USRowing, ORC is required to accept the jurisdictional role of the Center for SafeSport to investigate and adjudicate any issues of sexual misconduct within our organization. The US Center for SafeSport maintains a website with information, reporting guidelines, and FAQs. This website can be accessed at <https://safesport.org>. There is also a link to this website on ORC's "USRowing Links" page.

3. ALL PARTICIPANTS MUST CONFIRM THEIR ABILITY TO COMFORTABLY PERFORM THE FOLLOWING IN-WATER EXERCISES: (a) Tread water for 10 minutes; (b) put on a life jacket while floating; and (c) swim 200m unassisted by others or devices. ORC periodically conducts safety drills, which may include participants exiting and reentering a racing shell, to simulate rower-overboard and capsize scenarios. ANY PARTICIPANT UNABLE TO COMPLETE THE EXERCISES AS OUTLINED HEREIN OR UNCOMFORTABLE WITH PERIODIC SAFETY DRILLS AS DESCRIBED HEREIN MUST WEAR A US COAST GUARD APPROVED PERSONAL FLOTATION DEVICE AT ALL TIMES ON THE WATER.

4. Upon contracting, developing or otherwise experiencing any physical illness, limitation or malady, or one or more symptoms thereof, IT IS YOUR RESPONSIBILITY TO STAY AWAY FROM ALL PRACTICES AND OTHER ACTIVITIES, or if first experienced while already at a practice or other activity, to coordinate with your coach for your removal in as safe and expeditious a manner as reasonably possible. For purposes of this policy, the term "symptoms" includes, but is not limited to, an elevated body temperature (above 99°F), nausea, shortness of breath or labored breathing, persistent coughing, sore throat, loss of taste, and loss of smell. In the event of serious symptoms, participants should consult with their physician prior to returning to any strenuous exercise.

**5. PARTICIPANTS CONCERNED OR UNCOMFORTABLE WITH ANY SAFETY-RELATED ASPECT OF ORC ACTIVITIES ARE ENCOURAGED TO IMMEDIATELY STOP THE ACTIVITY, ADVISE ANY COACH OF SAFETY CONCERNS, AND NOT RESUME THOSE ACTIVITIES UNTIL THEIR CONCERNS ARE ADEQUATELY ADDRESSED AND RESOLVED.**

### CODE OF CONDUCT

1. PARTICIPANTS SHALL TREAT EACH OTHER KINDLY AND WITH RESPECT. Instances of bullying, trolling, social media abuse, and other assaults committed by a participant should be immediately reported to any ORC coach. Serious or repeated offenses may result in the offending participant's suspension or expulsion from the club, as well as notification to local law enforcement.

2. ORC maintains a zero-tolerance policy for the unlawful use or consumption of alcohol or controlled substances. Any participant found to be, or reasonably suspected of being, under the influence of alcohol or a controlled substance while attending any ORC activity may be suspended or expelled from the club. The foregoing does not apply to controlled substances for which the participant has a lawful prescription at all times of consumption or use.

3. Participants are expected to be responsible and exercise care at all times while attending or participating in any ORC activities. This is especially true for all activities in proximity to the trailer or racks, the racing shells, the docks, and the water. At regattas, these areas are restricted for participants only, and non-participant family members, friends, and pets are not permitted.

4. Participants are expected to attend all scheduled practices and events (regattas, scrimmages, and boat loading/unloading), unless expressly excused by an ORC coach, or to the extent Paragraph 4 of the Athlete Safety Policy applies. Unexcused absences may be cause for suspension or expulsion from the club.

5. Placement of participants in boats depends on a wide variety of factors, most of which are commonplace among competitive athletes. Placement of participants is at the sole discretion of the ORC coaching staff, and participants are encouraged to personally discuss any issues or questions regarding placement with ORC coaches.

6. Participants are expected to portray ORC favorably and conduct themselves in a manner becoming to the club. Participants are reminded that team jackets, unis, and window stickers are a clear indicator of each participant's affiliation with ORC and indicator of ORC's participants as a whole.

7. Notwithstanding ORC's refund policy, participants suspended or expelled for violation of ORC policies, including without limitation this Code of Conduct, will not be eligible for reimbursement of any fees.

Each signing participant confirms receipt of the Athlete Safety Policy and Code of Conduct and agrees to comply with their respective terms.

**Participant's Signature:** \_\_\_\_\_ **Print Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian's Signature:** \_\_\_\_\_ **Print Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_