

**Ridge Canoe and Kayak Club**  
**Athlete Code of Conduct:**

1. As a member or program participant of Ridge Canoe and Kayak Club (RCKC) I pledge to follow this Code of Conduct.
2. I am an ambassador of RCKC and shall maintain high standards of moral and ethical conduct, which includes self-control, responsible behavior, and consideration for the physical and emotional well being of others.
3. I will treat others with respect and expect to be treated with respect in return.
4. If I disagree with an action, decision or instruction of a RCKC coach, RCKC staff member, or regatta official, I will act in a respectful manner and bring my concerns forward at an appropriate time and place.
5. I will respect an individual's dignity and acknowledge that verbal or physical behavior that constitutes harassment or abuse is unacceptable.
6. I will uphold the generally accepted standards of fair play and exhibit a high level of sportsmanship and team spirit.
7. I will be modest in victory and gracious in defeat.
8. I will refrain from using profane, insulting, or otherwise offensive language.
9. I will not possess or use any illegal drugs and if under the age of 19 will not possess or use alcohol or tobacco in any form during any activity associated with RCKC.
10. I will reimburse the cost of any damage to equipment or any other property resulting from willful or negligent action on my part.
11. I acknowledge that the RCKC staff and coaches are responsible for the athletes and they must follow established RCKC policies.

A breach of any part of this Code of Conduct is sufficient grounds for an athlete to be withdrawn from a program or event, and will be subject to the RCKC disciplinary policy.

I have read and understand the above statements and agree to conduct myself in a manner that demonstrates the standards established above.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Parent/Guardian (if under the age of 19 yrs.)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date