



CHSST Sailor's Code of Conduct

CHSST (The Coronado High School Sailing Team) is committed to developing the youth of Coronado through sailing and other activities, which encourages high standards in conduct and behavior. Participants and their parents/guardians must agree to abide by and sign this agreement to be included in any activities associated with the CHSST.

CHSST Participants agree to:

- Be cooperative, supportive and respectful of other people and their property at all times.
- Follow the rules and by-laws of the Coronado Yacht Club and other sailing venues while on their premises.
- Be aware of safety precautions on and off the water (including driving) and use all equipment in the proper way to prevent injuries. Personal Flotation Devices (zipped up) are mandatory on the water.
- Should be familiar with US Sailing Racing Rules of Sailing Section 69.1 and PCISA District Rules Section 11.2 for Misconduct. Maintain control of their behavior and emotions -at all times. Unethical behavior, foul language, and/or violence in any form will not be tolerated during practice or regattas. Continued infringement of this regulation can be the basis for disciplinary action.
- Participate fully in activities and notify the coach in advance in case of an absence.
- Honor their commitment to participate when having entered a regatta or event. Exceptions would only occur with injury, mechanical breakdown or other major circumstances.
- Compete fairly based on sporting conduct, individual effort, and the Racing Rules of Sailing.
- Become familiar with US Sailing Racing Rules -of Sailing Part 1-Part 4 to understand the "right of way" rules and other requirements when racing.
- Be responsible for their own equipment as well as all CHSST, CYC, or other sailing equipment that they use. Do not remove rigging from other vessels.
- Keep the practice and competition environments clean and orderly and never leave without ensuring all team gear is cleaned and stowed properly.
- Not use or possess alcohol, tobacco, or drugs at any practice or event (on or off the water).
- Refrain from any sexual contact, harassment, or related inappropriate conduct.
- Never engage in violence of any sort.
- Conduct themselves in a manner which reflects favorably on CHSST, CYC, CHS and the Coronado Community when at other sailing venues, regattas or events.

Infringements of these regulations will be the basis for disciplinary action or expulsion from the team as outlined on the following page.

CHSST Sailor's Code of Conduct(cont.)
Disciplinary Action

All sailors agree to the following expectations and consequences as regulated by the coaches:

- Unexcused practice tardiness will result in rolling two sets of sails, in addition to their own, based on “out of the water” finish times.
- Unexcused practice absence will result in de-rigging of two boats in addition to their own, based on “out of the water” finish times.

These behaviors will also warrant consequences which may include suspension from competition, assignments of essays (450 word minimum, topics of choice), pushups, laps, extra cleaning duties, etc. as assigned by coaches:

- Failure to complete assignments or follow instructions
- Disrespect to other sailors, coaches, volunteer parents, or CYC staff
- Unsportsmanlike behaviors or attitudes
- Chronic tardiness or absences

The following offenses may result in removal from the team, and disciplinary action based on the CUSD Disciplinary Action Guide (including suspension or expulsion from school):

- Use or possession of alcohol, tobacco, or drugs at any practice or event (on or off the water)
- Sexual contact, harassment, or related inappropriate conduct
- Violence of any kind

I have read and agree to abide by this Code of Conduct and follow the rules of the handbook.

Name of Sailor (Print)

Signature of Sailor

Date

I have reviewed this agreement with my child and agree to support the Code of Conduct and I understand and will follow the rules of the handbook.

Name of Parent/Guardian (Print)

Parent/Guardian Signature

Date