



## **Code of Conduct for Junior Sailors**

Sagamore Junior Sailing (SJS) is striving to be among the best run Junior Sailing Programs on Long Island Sound. As part of the Junior Sailing Association of Long Island Sound, SJS expects all program participants to conduct themselves appropriately at all times and to follow the Code of Conduct as stated below:

### **Respect for Others**

- I will respect the rights, dignity and self-worth of every individual.
- I will act honorably and will not lie, cheat or steal (or borrow without permission).
- I will encourage my fellow junior sailors to display the same qualities.

### **Personal Conduct**

- I will conduct myself professionally, displaying self-control and accept responsibility for my actions.
- I will display high standards in my language, manner, punctuality, preparation and presentation.
- I will refrain from cell phone usage during the program.
- I will refrain from criticizing others –this includes my interactions with opponents, and all adults.
- I respect the work and resources that go into maintaining the boats and promise to treat all club and private property as if I had to fix it myself if it broke.

### **Good Sportsmanship/Corinthian Spirit**

- I will continually strive to demonstrate good sportsmanship, both on and off the water. I will place winning in the context of good sportsmanship and fair play.

### **Possession and/or Use of Any Illegal Substance**

- I will refrain from smoking, drinking and/or illegal drug use.

### **Safety**

--Safety underpins everything we do. As such, it must be viewed as a philosophy, and NOT simply items on a checklist. Sailing and racing are inherently risky activities, and all coaches/instructors will actively manage risk when working with our youngest sailors and will help our older sailors understand appropriate risk management strategies to ensure that the training and/or competitive environment is safe. As a junior sailing program participant, I will ensure that my equipment is ready to support all planned activities. I will immediately inform my coach/instructor if I feel that I am not ready to participate fully in the planned activity (i.e., understand the task, am physically healthy enough, rested and skilled to ensure its successful outcome). I will look out for my fellow junior sailors.

I also recognize that participation in the SJS Junior Program is a privilege, and not a right. I understand that if I do not abide by and promote the Code of Conduct I may be temporarily or permanently suspended from SJS's Junior Program.

I, (print and sign) \_\_\_\_\_ have read, understand and agree to abide by the Code of Conduct for Junior Sailors as stated above.