



LifeSail™ Inc. Code of Conduct

1. I will support the LifeSail Code of Conduct, uphold the Rules of Sailing and honor the spirit of Corinthian sailing.
2. I pledge honesty and integrity in general and shall not deviate from the truth, nor tolerate such behavior in others.
3. I will treat competitors, coaches, volunteers, officials, parents, hosts, staff members and all others with respect. I will not verbally, physically, or emotionally abuse anyone nor tolerate such conducts by others.
4. I will strive to be on time. I recognize that I may be sent home if I am late or unprepared. 5. I will be responsible for my personal gear and clean up after myself.
6. I will not use another's property without permission nor steal nor damage another's property. Designated LifeSail's boats may only be used with the prior permission of LifeSail-coaches & Director.
7. I will make my best effort to behave and dress in a manner consistent with the high standards expected of the LifeSail- Junior Race team. A. I will wear my pinnie (LifeSail shirt) while on the water at all times, including practices, clinics and regattas. C. While inside the LifeSail- base I will be clean, dressed & dry. Additionally, I will be respectful of other members, staff and use good manners.
8. I will not arrange for private coaches at a LifeSail-Team-sponsored event without notifying the Jr. Director and my coaches in advance.
9. I will follow safety instructions and procedures as presented by my coaches and other responsible adults recognizing the paramount importance of safety.
 - a. I will wear a USCG approved personal flotation device (lifejackets) with an attached whistle any time I am on or near the water including on docks.
 - b. I will wear closed-toe shoes on and off the water during practices
 - c. I may carry a rigging knife as necessary for my safety, but only with parental consent. No other knives and/or weapons are allowed on the premises at any time.
 - d. Cell phones and other electronic devices shall remain inside gear bags on the docks until the completion of practices.
 - e. Any head injury, (i.e. being hit in the head by the boom) no matter how small should be reported to coaches immediately and coaches will be responsible for reporting incidents to Jr. Director and parents.
10. I will not leave the (race) course or site of a LifeSail Team event without permission from my coach or the Jr. Director.
11. I will not use or tolerate the use by other team members of alcohol, tobacco or non-prescribed drugs. I understand that a drug-free environment is necessary to achieve individual and team success.

Parent's Page:

- a. I will support the growth of my sailor(s) and maintain consistent involvement without disrupting the ongoing sailing activities. I recognize that having a child or children on the Junior LifeSail- Sailing Team requires each family to volunteer a minimum of 20 hours annually in support of the program. If I am unwilling or unable to volunteer the suggested hours, I will arrange to meet with the Jr. Director and/or Committee Chair to discuss alternative methods of support for the team at large (for year around activities).



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- b. I pledge my support to my sailor and to our team but I will leave the coaching to the coaches. Coaching from onshore or spectator boats is prohibited.
- c. I recognize that rigging one's boat is an integral part of becoming a good sailor. I will not rig my child's boat unless necessary for his or her timely participation in a scheduled event.
- d. I will be respectful of other parents while participating in sailing events both at LifeSail- and other joining clubs. I recognize that any comments I make may be heard by other parents and teammates.
- e. I value the opportunity to schedule appointments with either the Jr. Director or the Jr. Committee chair to discuss any concerns I may have involving the sailing program.

Consequences:

The following procedure shall be used if any breach of this code of conduct occurs:

1. Reports of any alleged breach of this Code of Conduct (except those directly related to a sailor's conduct within a competition that are governed by the Racing Rules of Sailing), shall be made in person or in writing to either the Junior Director, the Junior Committee Chair or LifeSail- General Manager ("the Contacted Party"). The Contacted Party will make every effort to speak to all involved parties before taking any actions.

2. If it is determined that a breach has in fact occurred and depending on the severity of the sailor's alleged actions, any of the following disciplinary actions may be taken: a. The Jr. Sailing Director may initiate a "time-out". b. The Jr. Sailing Director may recommend a temporary suspension from sailing activities following a meeting with the sailor, his/her parents, the LifeSail- Operation/Manager and/or the LifeSail board. This meeting shall identify constructive steps that must be taken to address the behavior by the Jr. Sailor.

c. If the problem continues after steps one and two, the Jr. Sailor's membership on the LifeSail-Junior Sailing Team may be revoked with the unanimous consent of the Jr. Director, the LifeSail- Board. By signing this code of conduct I agree and understand that any violation of these rules may restrict my, and/or my sailor's participation in other LifeSail-Junior Race Team events. The LifeSail-Junior Sailing Team membership is by invitation and this invitation may be suspended or revoked by LifeSail - for violations of this code. Sailor Name Parents Name Sailor Signature Parents Signature

By signing this code of conduct I agree and understand that any violation of these rules may restrict my, and/or my sailor's participation in any other LifeSail- Student Team events. The LifeSail-Junior Sailing Team membership is by invitation and this invitation may be suspended or revoked by LifeSail Inc. - for violations of this code.

Sailor Name _____ Parents/Guardian Name _____

Sailor Signature _____ Parents/Guardian Signature _____

Date _____

Date _____