

## Code of Conduct for High School Sailors

The Foundry strives to be among the premier High School Sailing Programs in the country. To achieve this goal, all program participants (sailors, coaches, program managers, team liaisons, parents, and other adults) must understand and work to implement the Foundry's mission statement. As a recognized organization in the sailing community, the Foundry expects all program participants to always conduct themselves appropriately and to follow the Code of Conduct.

**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 sailors to display the same qualities, and I will report those who do not respond appropriately to my encouragement to my coach/instructor.

**Professional Conduct-** I will work proactively to achieve my full potential. I will trust that my coaches/instructors have my best long-term interest at heart, and I will willingly comply with their direction.

**Personal Conduct-** I will conduct myself professionally and accept responsibility for my actions. I will display high standards in my language, manner, punctuality, preparation and presentation. I will display self-control, courtesy, respect, honesty, dignity and professionalism. I will refrain from criticizing others

-This includes my interactions with opponents, coaches, officials, administrators, parents and spectators.

**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. (Remember Paul Elvstrom's quote: "You haven't won the race, if in winning the race you have lost the respect of your competitors.")

**Illegal Acts-** Inappropriate behaviors, such as theft, fighting, bullying and vandalism are prohibited.

**Possession And/Or Use Of Any Illegal Substance Including, But Not Limited To, Drugs And Alcohol-** Every program participant must understand that the ability to operate without mental or physical impairment underpins the safety and surety of our program, both on and off the water. I will refrain from smoking, vaping, drinking and/or illegal drug use.

**Weapons-** No weapons, or firearms of any description are permitted in The Foundry facilities or on The Foundry's property.

**Social Media-** Conduct which results in harm, potential for harm, or the imminent threat of harm (including bullying, cyber bullying, hazing, harassment, emotional misconduct, physical misconduct and sexual misconduct) will not be tolerated and will be grounds for immediate dismissal as well as reported to the appropriate authorities.

**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 High School 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.