

Cascade Canoe & Kayak Racing Team



Code of Conduct

Athletes, parents and coaches all desire to maintain a safe and positive environment for training and racing. Cascade paddlers, families and volunteers are required to agree to our code of conduct and sign and return this form.

All paddlers and parents must:

- Treat fellow athletes, opponents, parents, officials, and coaches with kindness and respect
- Be on time for practices, races, and regattas, with equipment ready to go and ready to race
- Listen to and always follow the instructions of the coaches.
- Always use appropriate language and manners with no profanity, or abusive or suggestive language
- Do your part to help others paddle well during workouts, races, regattas, and Team events
- Always give your best effort during workouts, races, and regattas.
- Complete training sessions and take breaks as directed by the coach.
- Follow training schedules agreed to between you and your coach
- Refrain from physical contact with other paddlers during workouts, races, and regattas, and in changing areas.
- Absolutely no use of cell phones or electronics with cameras in changing areas
- Be safe and treat others safely. Cascade is a Paddle America member club of the American Canoe Association and follows the Safe Sport policy. These can be found on the American Canoe Association web site at:
<http://www.americancanoe.org/?page=SafeSport&hhSearchTerms=%22safesport%22>
- Report all injuries to your coach immediately.
- Bullying or hazing is absolutely prohibited. See guidelines in the ACA Safe Sport policy.
- Maintain a positive attitude and demonstrate effort, dedication, and commitment at practices, races and regattas.
- Take perfect care of equipment, from storage racks, to slings, to water, to slings to racks, or onto a trailer, as directed by your coach
- All Cascade facilities, programs and activities are tobacco and drug free. All minors shall refrain from the use of drugs, alcohol, and tobacco. Adults will refrain from alcohol consumption in the presence of minors, except in extreme moderation at team banquets and social events.
- Positively represent Cascade at competitions, practices and other club sponsored events.

_____ Date _____
Paddler's Signature

Print Paddler's Name

_____ Date _____
Parent's signature

Print Parent's Name