



**Junior Program Sailor/Parent Handbook
Mission Bay Yacht Club 2010**

**Mission Bay Yacht Club 2009
Sailors Code of Conduct**

I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in Mission Bay Yacht Club Junior Program activities and will follow these rules and regulations and any other rules given by my coach:

- I will not use, or tolerate the use by other team members, of alcohol, tobacco, or non-prescribed drugs, understanding that a drug-free environment is needed in order to achieve individual and team success.
- I will maintain appropriate behavior towards opposite gender team members, and will not tolerate unseemly conduct by other team members, understanding that the young men and women will, of necessity, often be placed in close confines at clinics, practices and regattas.
- I will respect the property of others, neither stealing, damaging, destroying or borrowing another's property without permission, nor tolerating such behavior by other team members.
- I will treat my team members, coaches, competitors, regatta officials, hosts and all others with respect, regardless of race, religion, gender, national origin or abilities. I understand that I may expect similar treatment from others.
- I will follow all safety procedures given by my coaches and other responsible adults, understanding the paramount importance of safety. I will notify a coach or other responsible adult if I feel that another sailor is in danger.
- I will not abuse my teammates, whether verbally, physically, or emotionally, nor tolerate such conduct in others, understanding that every team member has a right to enjoy their participation. I understand that swearing, in any context, is unacceptable behavior.
- I will encourage good sportsmanship from fellow sailors, coaches, and parents.
- I will strive to listen and learn from my coaches.
- I will be responsible at all times for the transportation, safe storage, maintenance, and setup of my boat and other equipment.
- I will never leave my training site or lodgings without first obtaining my coach's or host's personal permission. I understand that it is not permissible to have another person convey a member that I am leaving, and that I am solely and personally responsible for obtaining prior consent.
- I will behave and dress at all times in a manner consistent with the high standards expected of my yacht club, team, of my country, and of myself.

Sailors Signature _____ Date _____

Parent/Guardian Signature _____ Date _____