

# TRIANGLE ROWING CLUB – TEAM TRAVEL RULES

## Part A: Hotel & Travel Etiquette

1. Rowers are expected to be respectful to coaches and parents at all times. They must treat drivers, hotels, restaurants and race sites visited with equal respect. Do not damage the property of others. Rowers shall clean up after themselves and behave in an appropriate manner while in vehicles, hotels, restaurants, etc.
2. Athletes must stay in groups of three or more during rest stops and free time – this includes going to dinner, walking around a mall or city (should we go to one) or stopping for meal while traveling to and from races. Any rowers who want to leave the hotel (i.e. for dinner) must get approval from the coach or head chaperone and let the coach/chaperone know when they leave and when they return.
3. Under no circumstance may athletes go anywhere alone.
4. The coaches will designate and chaperone a ‘common room,’ which will be a location for meetings and socializing by the team; except for the common room, rowers are not to visit others’ hotel rooms. The door of this common room must remain propped open. Boys and girls are not to be alone in a room with a member of the opposite sex at any time.
5. Room assignments will be set in advance. You must stay in the room you are assigned to. If you have a personal reason for not wanting to room with someone, please address it for consideration with the coach and head chaperone. There is no switching of rooms unless authorized by the coach or head chaperone.
6. All rowers must attend the team meeting held the evening before the race – the time and location of this meeting will be announced when we arrive at the hotel.
7. At the team meeting, curfew time will be announced – all rowers must be in their assigned rooms at curfew.
8. After curfew, all athlete rooms are expected to be quiet and athletes to sleep in a timely fashion. Remember – we are traveling for an athletic competition, so any rowers who create unnecessary noise or keep their roommates awake will bear the consequences as determined by the coaches.
9. “Lights Out” means phones should be off as well. No calling from room-to-room and no cell phones use after curfew.
10. Rowers are not allowed to drive themselves or others to regattas.
11. Never swim alone. Always swim with a buddy under coaches/chaperones supervision/rules.

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12. Be considerate of others, no excessive noise, roaming the halls, horseplay, etc. in the hotel or elevators.
13. Chaperones and coaches have the right to enter and inspect a room at any time.
14. No strangers are allowed in any room at any time

**Infraction of the following rules (Part A Rules 15-17) by a rower is a major infraction, resulting in a rower being sent home at his/her's parents' expense.**

15. During free time at the hotel, rowers may ONLY be in the following places:
  - a. Assigned hotel rooms (see rule 3 above)
  - b. Hotel pool
  - c. Hotel Lobby
  - d. Local site/mall/restaurant for touring/dinner (see rule 2 above)
16. No rower may leave his/her room after curfew. Rooms and hallways will be monitored after lights out. Rowers must remain in rooms until leaving to meet the team in the morning.
17. At no time are Triangle Rowing Club rowers to be in possession of alcohol, drugs or tobacco products. Failure to follow this rule will result in removal from the team.

### **Part B: Race Course Etiquette**

1. At the team meeting the night before the race, rowers will be assigned departure times for the race course and all race and launch times will be announced – it is expected that all rowers will abide by these times. Failure to do so can result in the rower being pulled from their race boat.
2. Rowers are expected to show sportsmanlike behavior on and off the water.
3. Rowers should be dressed in Triangle Rowing Club uniform for competition. In inclement weather rowers should be prepared with multiple layers and rain gear. At no time is apparel that has inappropriate sayings or foul language allowed during travel or competition.
4. Rowers should never leave the race course without first clearing it with their coach and the head chaperone. The only way we will allow a rower to leave the race site is with their family. No rowers are allowed to depart without first de-rigging and loading the boats.

*REMEMBER – We are traveling to compete on behalf of Triangle Rowing Club. To be the best you can be, your preparation the night before and on race day is just as important as your erg and water training.*

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## Triangle Rowing Club Behavior/Rules Waiver

I \_\_\_\_\_ (print parent's name) have read the above rules and have reviewed them with my child \_\_\_\_\_ (print rower's name). I am aware that if my child breaks one of the major rules (Part A: #15-17), he/she will be immediately sent home with a chaperone. I will be responsible for paying Triangle Rowing Club the cost of transportation – including airline tickets – necessary to return my child and a chaperone immediately to Raleigh.

I have read the Triangle Rowing Club Travel Rules and understand the rules and the implications for infraction.

Signed by Rower: \_\_\_\_\_ Date: \_\_\_\_\_

Signed by Parent: \_\_\_\_\_ Date: \_\_\_\_\_