

LISOT CODE OF CONDUCT

Honesty, Integrity and Respect at All Times.

LISOT takes pride in its growth and development of youth sailors marked by integrity, propriety, and decency displayed toward themselves and toward others. LISOT sailors and their parents are expected at all times to demonstrate respect for themselves and for others. This respect includes a responsibility to show sensitivity to differences and act justly in interactions with one another. All sailors on the team and their parents are entitled to, and are responsible for maintaining an environment of civility that is free from disparagement, intimidation, harassment and violence of any kind.

Sailing with the LISOT Team is available only to those youth sailors who abide (and whose parents abide) by this Code.

All sailors and their parents are bound to refrain from acting in such a way that brings discredit to the team, is in any way detrimental to the best interests of the team, or is incompatible with the common goals and standards of the team.

To this end, sailors and their parents pledge to:
a) be truthful in words and honorable in actions and
b) to treat respectfully the person, reputation and property of all members of the community and our surroundings.

Sailors and their parents understand that acting dishonorably has consequences. As a further guide LISOT recites and incorporates herein the Racing Rules of Sailing and the spirit of Corinthian Sailing, both of which all sailors and their parents must comply with at all times. This Code offers general guidelines and principals however, any behavior contrary to this Code not specifically included herein, shall not be tolerated and will also serve as grounds for suspension or dismissal from the Team at the discretion of the Coaches and Board.

Discipline does not lie with LISOT alone, but rather with each LISOT sailor. Actions that undermine LISOT's aspirations will not be tolerated and may result in a Sailor facing disciplinary consequences, as detailed below, all

at the sole discretion of the Coaches and Board of Directors of LISOT.

Behavioral Expectations

LISOT rules apply to all sailors and their parents, whether on or off the water, including but not limited to after school practices, practices during weekends and extended weekends, at local and national regattas, for any classes, at travel events and at international regattas, trips and/or programs. Sailors must understand that, as long as the sailor is sailing with the LISOT team or otherwise intends to compete or practice with the LISOT team in the future, this Code applies to them and their parents even during off hours. LISOT sailors and their parents recognize that they represent LISOT at all times and that their behavior should reflect well upon LISOT.

Foreign Travel: While sailors may encounter cultural norms and behaviors by similarly aged youth different than their own, they must understand that they remain within the bounds of LISOT's expectations while participating in foreign travel whether such travel is a LISOT trip and/or program or sponsored by any other organization. Any LISOT sailor found in violation of LISOT's Code or policies during a LISOT-sponsored trip will face immediate disciplinary action as will a LISOT sailor found by the Coaches or Board in violation of the LISOT Code though their behavior or acts occurred during a non-LISOT event. Disciplinary matters are handled directly by Coaches and Board Members. Sailors and their Parents recognize and agree that participation in LISOT and status as a "LISOT Sailor" is a privilege and not a right. A sailor's "LISOT Team Sailor" status and further participation in LISOT activities can be revoked at any time. Please speak to a LISOT Board Member for guidance with respect to any questions.

Tobacco, Drugs, Alcohol, Weapons: as athletes, using, being under the influence of, possessing and/or distributing tobacco, alcohol, marijuana, or other mind-altering or controlled substances or weapons whether in public or in private is

grounds for immediate suspension or dismissal from the team. Sailors remaining present while others are violating this rule will also face disciplinary action. Possessing and/or distributing tobacco, alcohol, weapons, illegal or controlled substances or related paraphernalia including but not limited to “juuls,” vaporizers, hookah pens and other devices that can be used to consume multiple substances threatens the integrity of the community and also violates the LISOT Code. Anyone found possessing and/or distributing tobacco, alcohol, weapons, illegal or controlled substances or related paraphernalia will be subject to immediate suspension or dismissal from LISOT. A sailor’s participation in the use of any tobacco, alcohol or drugs or possession of weapons will be a violation hereof and grounds for immediate suspension or dismissal from the LISOT team.

Harassment: Acting in any way that disregards common decency or propriety, such as but not limited to unwanted touching, threatening, bullying, cyberbullying or by online commentary or intimidating someone sexually, verbally, physically or emotionally in any way shall be grounds for immediate suspension or dismissal from the team.

Inappropriate Spaces: Entering a hotel room, bathroom or locker room of the opposite sex constitutes a violation of this rule which can result in the immediate suspension or dismissal from the team. Furthermore, hotel room parties or comparable gatherings are a matter of significant concern for the LISOT.

Miscellaneous: Parents may not arrange for a private or semi-private coach to work with their sailor while he or she is sailing at a practice or event as a LISOT sailor. Sailors and parents shall comply with the codes of conduct set forth by their sailor’s class association. Parents and sailors will behave and dress at all times in a manner consistent with the high standards expected of LISOT and all the expectations of host yacht clubs and further recognize that swearing, in any context, is unacceptable behavior for a representative of LISOT. Parents acknowledge that any legal threats or actions against or defamation of LISOT coaches or Board Members or fellow team families may result in a sailor’s Suspension or dismissal.

Sailors will strive to do their best to listen and learn from coaches at all times, especially during briefings. A sailor will not leave the site of a LISOT event without first obtaining his/her parent's, coach's or the LISOT Parent of Day’s permission.

Suspension and Dismissal from the Team

In most circumstances, a sailor's first violation of the Code results in suspension though dismissal is possible. A subsequent violation by a previously suspended sailor may result in dismissal. Dismissal in the first instance may be appropriate, for example, if a violation is sufficiently extreme in nature, threatens the safety, health, or wellbeing of any member of the LISOT or greater sailing community or threatens the stability of the LISOT Team.

The Coaches and Board of Directors of LISOT have sole discretion and final authority on all disciplinary matters.

TYPED NAMES ARE LEGAL AND BINDING

I HAVE READ, UNDERSTAND AND AGREE TO COMPLY WITH THE LISOT CODE OF CONDUCT:

Athlete’s Signature

Printed Name & Date

Mother’s (Guardian’s) Signature

Printed Name & Date

Father’s (Guardian’s) Signature

Printed Name & Date