St Vincent and the Grenadines Sailing Association

P.O. Box 2067, Kingstown, St Vincent and the Grenadines, W.I.

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Sailor Code of Conduct

SVG Sailing Association has a high performance racing program for young sailors.
Participation in the SVG Sailing Association's youth sailing program is a privilege. To participate in the program, youth sailors are expected to meet the following expectations. Failure to meet these expectations can be grounds for discipline, including being sent home from a practice or event, suspension, or termination from the youth sailing program.

Safety

Maintaining the physical safety of sailors, coaches, and others is the top priority :

- Follow all safety procedures and instructions given by race officials, regatta hosts, and other responsible adults.
- Give assistance if another person is in danger. Notify a coach / responsible adult if you see a sailor in danger.
- Always wear a personal flotation device while on the water.
- Do not leave the event or overnight accommodation without first obtaining permission from a coach, or parent.
- You will travel to away events and regattas with a responsible adult, other than a coach, who is responsible for you when you are not on the water or at the venue.

Sportsmanship

Sailors should respect the values and rules of the sport of sailing, and remember that they are members of a team:

- Compete ethically within the Racing Rules of Sailing and other applicable rules governing the sport of sailing.
- Demonstrate principles of good sportsmanship. Do not gloat when you win, and do not sulk when you lose.
- Follow the direction and authority of coaches and responsible adults. Accept constructive criticism from coaches. Do not talk back to coaches or team leaders.
- Support your teammates. Do not only think about yourself. Attend as many practices as possible, arrive early and before you depart ensure the equipment is clean and stored correctly and tell your coach.
- Comply with the training program requirements outlined in document 'Performance Training Requirements' below.
- You must always be early for a session, 'if you are on time then you are late'.
- Remember that you are an ambassador of the SVG Sailing Association. It is a privilege to be a member of the team. Never act in a way which would be embarrassing or detrimental to the SVG Sailing Association.

Respect

Sailors are expected to act in a respectful way toward others, equipment and facilities at all times.

- Respect the property of others. Do not use sailboats or any equipment without the knowledge, permission, or direction of the coaches.
- Treat other sailors, coaches, regatta officials, parents, hosts and all others with respect.
- Do not engage in verbal, physical or emotional abuse of anyone, and do not tolerate such conduct by others. Do not use profane, insulting, harassing, humiliating or otherwise offensive language. Swearing is prohibited.

Drugs/Alcohol

A drug-free environment is necessary to achieve individual and team success.

- Do not use alcohol, tobacco, or drugs not prescribed to you at training or at regattas.
- Do not tolerate the use of alcohol, tobacco, or non-prescribed drugs by other team members at events.

I agree to abide by the above code of conduct:

Name of SVG Sailing Association Youth Sailor _____

Signature of SVG Sailing Association Youth Sailor_____ Date _____

Performance Training Requirements

1. Must attend at least 3 on-water sessions per week*, 42 weeks per year
2. Must maintain a nutrition diary
3. Must maintain a fitness diary, at least 3 hours per week*
4. Must attend regular fitness test and show improvement
5. Must take a urine test for drugs if required
6. Must attend regular theory sessions to enhance sailing knowledge
7. Must contribute to the development of sailing at their home club
8. Must be early to sessions so they can start on time. 'If you are on time you are late'
9. Must be up to date with fees
10. Must create and maintain a long-term plan updated as necessary
11. Must create and maintain a short-term detailed plan updated as necessary, including school, rest periods, local, regional and international regattas
12. Must help with fund raising for the association
13. Must create a budget for their plan and work out how to raise the money
14. Must check this list regularly as it can be updated

*SVG NOC requires a **minimum of 12 hours** per week training to support an athlete, you must be able to prove it