



PARENT/SAILOR CODE OF CONDUCT

Bedford Basin Yacht Club has a dynamic learn to sail program for all ages. The goal of the program is to develop outstanding sailors; maintain the safety of all participants at all times; promote ethical behavior; and teach life-long lessons about character, teamwork, and respect for others.

BBYC is working with Sail Nova Scotia to adopt the Safe Sport Program, a national initiative developed to help anyone involved in sport promote physical, psychological, and social health, and we anticipate that our existing policies may be expanded to reflect this program once it's finalized. As always, we remain committed to providing students with a safe place to enjoy the sport of sailing.

Participation in the Bedford Basin Yacht Club's Learn To Sail program is a privilege. To participate in the program, sailors are expected to meet the following expectations. Failure to meet these expectations can be grounds for discipline, including the cancellation of a session, being sent home from a practice or event, suspension, or termination from the program entirely.

Safety

Maintaining the physical safety of sailors, coaches, and others is the top priority of the Bedford Basin Yacht Club Learn to Sail Program.

- Follow all safety procedures and instructions given by coaches, race officials, regatta hosts, and other responsible adult
- Notify a coach or other responsible adult if you think another sailor is in danger.
- Always wear a personal flotation device while on the water.
- Do not leave Bedford Basin Yacht Club or the site of an event without first obtaining permission from their coach. It is not permissible to have another person convey a message that you are leaving.

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. Act gracefully when you win and lose: 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 at practices and regattas. Do not only think about yourself and your own performance. Attend as many practices as possible, and show up and depart at the appointed times.
- Promote an inclusive team environment. Make an effort to ensure all team members are included in team activities at sailing. Do not take any actions that would deliberately make a team member feel left out or excluded.
- Behave and dress at all times in a manner consistent with the high standards expected of sailors at Bedford Basin Yacht Club.
- Remember that you are an ambassador of the Bedford Basin Yacht Club. It is a privilege to be a member of the Bedford Basin Yacht Club Youth Sailing Team. Never act in a way which would be embarrassing or detrimental to the Bedford Basin Yacht Club.

Respect for Others

Sailors are expected to act in a respectful way toward others at all times.

- Set a good personal example for everyone supporting the principles of honesty, integrity and good sportsmanship.
- Respect the property of others. Do not use another person's property without permission, steal or damage another person's property. Do not use any club equipment without the knowledge, permission or direction of the coaches.
- Treat other sailors, coaches, regatta officials, parents, hosts and all others with respect, regardless of race, religion, gender, national origins, culture, sexual orientation, disabilities or abilities.
- 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.
- Do not physically fight, hit, or inappropriately touch other sailors.
- Resolve the disputes with other sailors in a civil and respectful manner. If you cannot resolve the dispute directly with the other sailor, go first to coaches and then to the Head Coach with any problems or questions.
- Do not tolerate or engage in bullying. Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance, and which is repeated or has the potential to be repeated over time, for the purpose of socially excluding, diminishing, or isolating the targeted person. Work with sailors, coaches, parents and other Club personnel to address potential incidents of bullying.
- Do not tolerate or engage in hazing activities involving persons associated with the Sailing Program. Hazing is any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional or physical harm, regardless of that person's willingness to participate.



Respect For Equipment:

- Use of BBYC sailboats and equipment is a privilege. Sailors must respect their equipment, and make every effort to protect BBYC sailboats and equipment from damage so they may be enjoyed for years to come. Sailors must follow all instructions from coaches with regards to the safety of equipment. Sailors agree to report all damages to their coach in a timely manner.
- If it is determined by the Head Coach or LTS Director that a sailor has deliberately damaged equipment, or equipment has been damaged due to a sailor's failure to follow a coach's instructions, it may be the responsibility of the sailor and their parent/guardian to pay for the damage that has occurred.

Drugs/Alcohol

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

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

Conduct Policies for Sailors at Regattas

- Make sure you mark your calendar for away regattas, clinics and events in advance.
- Each sailor is responsible to be ready to go WITH ALL NECESSARY CLOTHING, EQUIPMENT, REGISTRATION, FEES, IDENTIFICATION, AND REQUIRED MATERIALS at the appointed arrival time.
- Parents are expected to assist in towing sailboats and coach boat trailers to away regattas, clinics and events.
- Sailors do not drive themselves or other sailors or tow equipment to away regattas, clinics and events.
- Sailors stay only at accommodations approved by the BBYC Head Coach and supervised by a Responsible Adult on the premises.
- Sailors only stay in rooms of sailors of the same sex.
- Sailors do not room with coaches, assistant coaches, regatta organizers or adults other than their parents or an adult designated by the sailor's parents.
- Sailors are responsible for the condition of and agree to report all damages to all BBYC, borrowed or rented boats and equipment from the moment they receive possession of it in connection with an away regatta, clinic or event. It is understood that payment for damage as a result of abuse/misuse may be the sailors responsibility.
- Sailors are bound by the BBYC Code of Conduct in connection with their participation in any away regattas, clinics or events regardless of whether a BBYC coach is in attendance.



- Unless directed otherwise by a BBYC coach, team leader or Director of Learn to Sail, any sailor who withdraws or is taken out of competition shall leave the site of the competition under the direct supervision of the parent or Responsible Adult.
- This Code of Conduct applies to sailor's conduct going to, during the actual event, through evenings and lay days, and coming back from any away regattas, clinics or events.
- Sailors and their supervisors are responsible to promptly pay all debts related to registration, food, housing and all other costs associated with participation in any away regattas, clinics or events.

For Parents

The Club has developed Codes of Conduct for coaches, sailors and parents so that everyone has common expectations. The Club has the following expectations of parents of youth sailors:

Understand Your Role

Every person in the program has a role. Each person in the program must understand and respect the roles of different participants.

- Sailors are responsible for their own efforts, behavior and success. Since parents are not youth sailors, they should encourage their children's independence as it relates to sailing rather than assisting them directly. For example, parents should avoid rigging children's boats, as that harms the learning experience of the sailors.
- Coaches are athletic trainers and educators who are primarily responsible for teaching the children how to sail. While parents provide critical guidance and are ultimately responsible for their children, parents must allow the coaches to do their jobs. Parents should support the coaches in tactical decisions and management of sailors during training sessions or regattas. For instance, while spectating during training, parents normally should stay away from their sailors so they have time to seek the advice of coaches; not give sailors food or drink that will hurt the sailors' ability to perform; and generally set a positive tone for the children.
- Parents provide support for their children and the program. Parents essentially are partners with the Club in running the program. The program cannot function without engaged parents.
- For sailors attending regattas, It is the parents responsibility to stay informed at regatta events of skippers meetings and other important dates leading up to an event.

Safety

Maintaining the physical safety of sailors, coaches, and others is the top priority of the Bedford Basin Yacht Club Learn to Sail program.



- Follow all safety procedures and instructions given by race officials, regatta hosts, and other responsible adults. Provide assistance if you are instructed to by a coach, official, or other regatta organizer.

Respect for Others

Parents are critical role models for sailors, and must conduct themselves as such.

- Set a good personal example for everyone supporting the principles of honesty, integrity and good sportsmanship.
- Respect the property of others. Do not use another person's property without permission, steal or damage another person's property.
- Treat sailors, coaches, regatta officials, parents, volunteers, hosts and all others with respect, regardless of race, religion, gender, national origins, culture, sexual orientation, disabilities or abilities.
- Do not engage in verbal, physical or emotional abuse of anyone, and do not tolerate such conduct by others.
- Avoid the use of profane, insulting, harassing, humiliating or otherwise offensive language in the presence of sailors or coaches. Never use such language in communications with coaches. Mistreatment of coaches is grounds for removal from the program.

Respect for the Sport

Parents should respect the values and rules of the sport, and teach those values to all sailors in the program.

- Teach sailors to compete ethically within the Racing Rules of Sailing and other applicable rules governing the sport of sailing. Do not teach sailors to violate the Racing Rules of Sailing.
- Respect exclusion zones on race courses at regattas. When Club parents ignore the boundaries of where spectator boats can be located, it reflects badly on the entire program.

Support the Club

The Learn to Sail program cannot function without the engagement and support of its parents. Parents need to do more than drop off their children at practice and show up at regattas.

- Timely pay all fees needed for your children to participate. Parents also are responsible for timely paying the costs of any private coaching sessions involving their child.
- Volunteer to help with the logistics of practices and regattas. Participant and regatta fees do not cover every expense associated with the program. The Club reduces its participant fees based on the assumption that parents will help with the logistics of



towing boats, providing water and snacks at regattas, and helping to organize and run Club regattas. It may be necessary for the Club to ask the parents of sailors to help with towing or regattas hosted at the club, and other Junior Sailing Initiatives. Volunteers allow us to offer the best experience for your children and help is always appreciated.

- Be a good representative of the Bedford Basin Yacht Club. Even if you are not a Club member, you are the face of the Club at regattas and other events. Avoid any conduct which would be embarrassing or detrimental to the Bedford Basin Yacht Club.

Conduct Yourself as a Responsible Adult

Parents are the primary adults present at most sailing-related events and must conduct themselves in a responsible way.

- Do not physically discipline, strike, or inappropriately touch other children. Be a positive influence on the Club's sailors.
- Do not tolerate or engage in bullying. Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance, and which is repeated or has the potential to be repeated over time, for the purpose of socially excluding, diminishing, or isolating the targeted person. Work with sailors, coaches, parents and other Club personnel to address potential incidents of bullying.
- Do not tolerate or engage in hazing activities involving persons associated with the Learn to Sail Program. Hazing is any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional or physical harm, regardless of that person's willingness to participate.

Drugs/Alcohol

- Do not tolerate the use by sailors of alcohol, tobacco, or drugs not prescribed to them.
- Use alcohol in moderation at the Club and at regattas. The sailors are very aware of the conduct of adults around them, which means that parents need to stay in control of themselves at the Club and on Club-related trips.

Additionally, we always welcome feedback from you. We ask that if you have any complaints that you follow the following procedure.

- Address your concerns with your child's instructor/coach. If you are not satisfied that the issue has been addressed then,
- Take your concerns to the Head Instructor. If you are still not satisfied that the issue has been addressed then,
- Take your concerns to the Learn to Sail Director on the BBYC Board of Directors.

Following these guidelines promotes respect and trust within the program and its staff.



Disciplinary Action

Should a parent or sailor violate any item in the above code of conduct, they will be subject to disciplinary action. Disciplinary action will typically follow the below approach, but BBYC LTS reserves the right to bypass steps in this process based on the nature and severity of the Conduct Violation.

- First Offense: Verbal Warning From Coach
- Second Offense: Phone Call Home and Meeting with Head Coach
- Third Offense: 1-2 day suspension from the program, with no refunds or make up days offered.
- Fourth Offense: Suspension for the remainder of the session, with no refunds or make up sessions offered.
- Fifth Offense: Suspension for the remainder of the summer. Any sessions that the sailor is registered for will be subject to our normal cancellation policy.