



SailMaine High School Sailing Program Conduct Expectations



SailMaine

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Statement of Purpose

SailMaine is pleased that you have chosen to join us for high school sailing this season, and we are looking forward to sailing with you. The guidelines which follow will outline what is needed for your success and for that of the program as a whole.

Participation in Practice and Regattas

On time arrival and attendance at practices and regattas is essential to your development in the sport. This is especially important in sailing where the logistics of dozens of sailors arriving, changing into sailing gear, attending a chalk talk and getting out to the boats is challenging to say the least. Being late or absent affects more than just your practice and competition time; since you sail with a partner and are part of a team, your absence negatively affects everyone in the program.

- If you must be late or absent to practice, you must notify **your Head Coach** via email (best choice) or phone by 9 AM the morning of practice.
- If you are not able to attend a regatta, you must notify your team's Regatta Facilitator via phone or email at least two weeks prior to the event.

Missed practices or late arrivals may be a factor in your participation in practice or being selected to represent your team at a regatta.

Alcohol, Drugs and Tobacco

Sailors are not allowed to use, possess, sell, transfer, or transport alcohol, drugs, or tobacco, including prescription drugs and legal substances used inappropriately, or any paraphernalia relating to alcohol, drugs or tobacco. SailMaine also will not allow sailors to be under the influence of these substances. This applies:

- while traveling to or from SailMaine for any event
- while at SailMaine (including on the water) and on all city property surrounding SailMaine
- while on Portland Yacht Services property
- while at an away regatta, including travel to and from the regatta site.

Even if you are not physically on SailMaine property, you represent SailMaine as a participant in our programming. Actions you take will have an enormous effect on the public opinion of this organization. Your involvement in alcohol, drugs or tobacco is illegal, and will not be tolerated.

SailMaine's Substance Policy is one of Zero Tolerance. Your involvement in alcohol, drugs or tobacco will result in notification of your parents and school and immediate dismissal from the program.

Appropriate Treatment of Yourself and Others

We need you to be considerate when you interact with other sailors or coaches, and realize that an atmosphere of respect—for the equipment, coaches, teammates, and yourself—is essential to a successful program.

Please recognize that the boats and facilities you are using are not free and are provided for your benefit. Fair racing depends on having a uniform fleet. This is only possible if you help us maintain the equipment and actively look out for its protection, taking care with dock landings and ramp launchings, etc. Intentional collisions and similar disregard for equipment is not acceptable.

Offensive behavior, including sarcastic or hurtful comments and jokes, rude gestures and disrespectful attitudes are not permitted. Please consider how your comments and actions affect others, and remember that treating others as you would like to be treated will help promote a healthy atmosphere.

Harassment of any kind, including sexual harassment and hazing, is unacceptable. Any words or actions which make someone uncomfortable have no place at SailMaine. SailMaine was founded on the principle of making sailing an inclusive sport for everyone; harassment of any kind is at odds with this philosophy.

These are just a few examples of actions which are not permitted at SailMaine; unacceptable actions are not limited to these examples. **Rude, disrespectful or offensive behavior can affect your participation at SailMaine, up to and including dismissal from the program.**

This is what we think will ensure your success, the success of the program, and establish a thoughtful and considerate environment. If you don't share these beliefs, you should reconsider participating at SailMaine. If you agree, please sign below, and welcome to SailMaine.

By signing below, you indicate that you agree with the principles set out in this document and will abide by the letter and spirit of these expectations, for the benefit of SailMaine, your peers and coaches, and yourself.

Signature

Sailor's name (printed)

Date