

## LYC LASER TEAM CODE OF CONDUCT 2018 / 2019

As a member of the LYC Laser Team I **agree to:**

- Attend practice, work-outs and meetings ready to give my best effort.
- Respect team mates, competitors, race management and LYC coaching staff.
- Be helpful towards team mates, competitors and LYC coaching staff.
- Follow the rules and sail fairly.
- Follow all safety procedures given by my coaches.
- Demonstrate the principles of good sportsmanship.
- Keep practice videos, regatta videos and gym training programs confidential (unless an LYC coach gives permission to share).
- Never bully another sailor either in person, by phone, by text or online.
- Never take another team member's property without their written permission. (text or email is appropriate)
- Accept victory and defeat with dignity and grace.
- Behave and dress in a manner consistent with the high standards expected of LYC sailors.
- Never use, or tolerate the use by other team members; illegal drugs, alcohol, tobacco (juuling) or non-prescribed drugs.

LYC Laser Program employs a zero tolerance policy concerning prohibited activities during program hours, on LYC premises and during travel events. This includes the use of illegal drugs, alcohol, tobacco (including juuling), inappropriate use of controlled substances, and the carrying of firearms. Violation of the zero tolerance policy could result in immediate dismissal from the program.

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