

Arlington Crew- Student Guidelines for Overnight Trips

All rules, regulations, policies and procedures in the Arlington Admirals Student Handbook will be obeyed on overnight trips. **Violations will result in appropriate coach imposed discipline which could include suspension or dismissal from the team. Students committing any such violations will also be subject to in-school consequences decided upon by the School Administration.** Any violation of the Student Handbook serious enough to result in dismissal from the team will also result in the student's parent being called to immediately come and transport the student home.

Students will follow exactly the Student Handbook and the ARA Rules regarding policies, procedures, general appearance and conduct. In addition, the following rules will be followed:

1. Physical and/or verbal abuse of coaches, chaperones or other athletes will not be tolerated and may result in immediate dismissal from the team.
2. Each athlete should have received a Student Handbook in which the athletes are prohibited from **smoking, possessing or using controlled substances (including drugs, alcoholic beverages, steroids, etc)** and from participating in any fights. Any chaperone observing a violation will report it immediately to a coach.
3. When the team participates in an overnight trip, all rules will be in effect, including adherence to all curfews and time schedules. **At the chaperones discretion, "indicator tape" will be placed on the athletes doors.**
4. Rowers are required to ride the bus to and from away races.
5. Orders or directions from chaperones will be obeyed as if they were given by a coach. .
6. Athletes will report to, and remain in, assigned rooms from curfew to breakfast hour without exception. Emergencies will be reported immediately to a coach or chaperone. (Call the front desk for their rooms.) In the event of fire please evacuate immediately with fellow team mates and assemble in the parking lot near the buses.
7. Room assignments will be made by the coaching staff, and only the coaching staff can change those assignments. You are traveling as a team and will act accordingly.
8. Curfews may vary depending upon travel time from Regattas to Hotels. In general, curfews will run from 9:00PM until 7:00AM. The Head Coach will set curfew based on race schedules. No athlete is allowed to use any pool facility while staying with the team.
9. **Away races are a privilege. Do not abuse the privilege. Be proud of your school and your team.**
10. **All medications, both prescription as well as over the counter, MUST be placed into its original container and then into a zip lock bag and must be accompanied by a NOTE from a parent with a day time contact phone number clearly written as well as detailed instructions for its use. All bags will be inspected prior to departure and a parent might be contacted if anything is found that might be suspicious. Once your bag is inspected you will NOT have access to it until arrival at our hotel. Please label the outside of your luggage with your first and last name!**

I certify that I have read, understood, and will abide by the above listed guidelines.

DATE: _____ Athlete (PRINT): _____

Signature _____

Signature of Parent/ Guardian _____