



In the HSS - HSK youth activities, we all agree to follow the following jointly agreed ground rules:

SAILOR CODE OF CONDUCT

This Code of Conduct applies to me as a member of the HSS - HSK. It applies when I participate in training days, HSS – HSK Events, sponsored regattas, development Team and National Team practices and international regattas which I attend as a representative of the HSS – HSK.

This Code of Conduct starts to apply to me when I arrive at an event and ends when I leave the event. This Code of Conduct applies to my behavior both on and off the water.

I understand that this Code of Conduct applies in addition to the Racing Rules of Sailing and in addition to any behavior rules that my club or private team may require of me. I understand that violations of this Code of Conduct may result in a hearing or punishment from the HSS - HSK directly and that my violation of this Code of Conduct may additionally violate the Racing Rules of Sailing, subjecting me to hearing, punishment or sanction imposed by HSS - HSK.

General principles

- The sailor must act in accordance with the agreed rules.
- Repeated violations of the rules will be reported to the parents and the junior chief.
- A sailor who repeatedly violates the rules may be removed from the group temporarily or permanently.

Exercises

- Sailing organized by the club mainly takes place in training groups.
- The sailor is invited to the training group based on the sailor's age, training motivation and level of competence.
- The coach is responsible of the exercise/training.
- Participate in your own group's exercises regularly. Justified absences will be agreed with the coach in advance.

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- The exercises will be on time and set off at the agreed time. At the stated start time of the exercises, the sailor will have the equipment on and the stuff ready to go out.
- Exercises are always registered in advance via Nimenhuuto. If you know you are a little late for your training, you should always let the coach know. In that case, ask your friend to have the stuff ready for you. Training start on time and a late sailor is not waited.
- The lifejacket and a club bib should be worn whenever the sailor is on the water. This is for both practice and competition.

Safety

- Safety is the most important requirement for exercises.
- Life jackets must be worn on the water.
- You will only leave the water with the permission of the coach or instructor.
- On the water closely follow the instructions of the coach.

Within the framework of the club's activities I sailor:

- I will use my best efforts to learn and follow the Racing Rules of Sailing.
- I will be honest, fair, courteous, respectful and a good sport, whether I am winning or losing.
- I will treat competitors, coaches, regatta officials, parents, hosts and all others with respect, even if I believe that person is wrong.
- I will comply with the reasonable requests of any regatta official, team coach and/or parent that may be associated with an event.
- I will not use another's property without permission, steal or damage another's property.
- I will not hit, abuse, bully, make fun of or call anyone names.
- I will not swear or curse.
- I will not abuse my equipment in anger.
- I will follow all safety procedures and instructions given by race officials, regatta hosts and other responsible adults. I will notify a race official, coach or responsible adult if another person is in danger.
- I will not engage in any conduct that endangers the health or safety of another competitor.
- I will not use alcohol, tobacco, or any drugs that were not prescribed specifically for me.

At events organized by the club, parents and coaches:

- We follow the rules and instructions agreed with the company.
- We parents only participate in the exercises by prior arrangement and follow the instructions of the coaches. We don't shout or otherwise interfere with coaching from the outside.
- We are jointly responsible for all children, we encourage and help equally. We require all children to follow the rules, and we do so constructively.

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- We participate and take responsibility to the best of our ability. Junior sailing is a family activity and is based on volunteering, we value everyone's contribution and show it.
- In situations of conflict, both between children and parents, we openly contact the coaches or the junior manager.
- We represent the company positively. We do not exceed reasonable alcohol consumption during club events.
- We, too, each have a responsibility to make sure everyone has fun, children, parents and coaches.

Sailing happiness!

- We are jointly responsible for making sure everyone has fun!
- Your own behavior can affect the spirit of the whole group and the success of your workouts.

ILCA/ LASER TEAM RULES