



TRAVEL CONDUCT

To Be Reviewed and Signed by Both Athlete and Parent/Guardian

Travel: During travel with crew, rowers will always stay with the group and understand that they must follow the instructions of their coach or chaperone. No mixing of boys and girls in any hotel rooms at any time unless the coaches are present for a meeting. Rowers may not enter other athletes' rooms. Rowers are not to leave their designated room after room check/curfew.

General Rules:

- At all times, athletes must show respect and courtesy towards, and cooperation with, the chaperones and coaches. This includes following the directions of chaperones and coaches.
- Under no circumstances may an athlete go anywhere alone, or without informing a coach or chaperone of his or her whereabouts.
- Under no circumstances may an athlete leave an assigned group or chaperone.
- Assigned chaperones must know where the athletes are at all times. It is the athlete's responsibility to ensure that the chaperones know his or her whereabouts.
- Any athlete who needs medical care during the trip will be responsible for the cost of any medical services that are provided.
- No alcohol, drug, or tobacco use is allowed at any time, as outlined in the DUC Zero Tolerance Substance Use Policy.
 - Possession and use of prohibited or illegal substances in a Travel setting may result in the incurred cost of an additional hotel room for isolation and the involvement of law enforcement.
- Each athlete is responsible for his or her belongings.
- Everyone is expected to eat properly, drink plenty of fluids, and wear sunscreen.
- Carpools, buses, or vans will leave on time. ARRIVE PROMPTLY to the meeting place.
- Athletes cannot drive themselves to any regattas, regardless of location.
- Athletes are not to leave the regatta site until dismissed by the coach.

Hotel Rules:

- No one may change hotel room assignments without permission from the coach or chaperone.
- Each athlete must stay in his/her room after the curfew.
- Be considerate of others: no excessive noise, roaming the halls, horseplay, etc. in the hotel or elevators.
- Rooms must be kept clean.
- Chaperones and coaches have the right to enter and inspect a room at any time.
- No one who is unaffiliated with DUC is allowed in the hotel room of a DUC athlete at any time.
- Hotel doors are not to be propped open.
- The Hotel Pool, Spa, and Gym are to be considered off limits during racing. Coaches may allow use of these amenities under special circumstances.
- Each athlete is responsible for any property damage caused by the athlete, or any belongings that are lost by the athlete, on team trips.
- Any athlete who fails to comply with any of the above, may be subject to the following restrictions or consequences:
 - Lost ability to participate in non-competition activities.
 - Returned home at parental expense.
 - Restricted from traveling with the team.
 - Dismissed from the team.

Please remember that you represent yourself, your teammates, and DUC on trips, so you should make a good impression. Choose positive, courteous, and appropriate behavior always.