**Mercer Junior Rowing Club Team Rules**

In addition to the Code of Conduct, all Mercer Rowers must adhere to the following MJRC Team Rules and Guidelines. These rules apply across all Mercer Rowing teams.

**Music**

* There is a limit of 95 decibels when playing music in the workout room
* All music must contain “clean” lyrics (radio version only)
* Any coach or team member may turn off music if the above are not adhered to

**Equipment**

* All equipment must be put away in its proper spot, including but limited to:
	+ ergs, bikes, RP3s
	+ foam rollers, yoga mats
	+ slings
	+ cox boxes
	+ oars
* If you sweat, bleed, throw up on it: clean and disinfect it
* Broken equipment must be recorded on one of the white boards in the erg room or Mercer bay
* No shoes in boats use baskets to store shoes during practice
* Water bottles must have a protective cover (e.g. sock)
	+ Pick up water bottles around the boathouse

**Clothes/Personal Items**

* Check lost and found regularly (located in hallway between restrooms in workout room)
* Label all clothes and personal items (water bottles, etc)

**Running**

* Athletes must stay on sidewalks when running and run no more than 2 abreast at all times, especially on the access road
* Athletes must run in groups of at least 2 (unless doing a timed run)
* Athletes must wear reflective vests if running at dusk or in darkness

**Driving & Parking**

* There is a STRICT 25 mph speed limit on the access road and cars need to take extra caution driving around the corner toward the parking lot
* Athletes may only park on the right side of the road (as you go toward the boathouse). The spaces adjacent to the boathouse are for coaches only and designated bus spots are for buses only during posted times. Athletes must adhere to all parking signage.
* There is no parking on the lawn or grass.

**Travel Guidelines and Expectations**

Student-Athletes traveling as members of the Princeton National Rowing Association (PNRA)/Mercer Rowing Program are expected to represent themselves and our program with honesty, integrity, and character.

When Student-Athletes travel as a member of a PNRA/Mercer Rowing Team, they agree to abide by the following rules:

* Unless specified by the coach responsible for their boat, there is a 9pm curfew for all Student-Athletes. (All athletes must be in their rooms by 9pm)
* While social interaction between team members of the opposite gender is an important part of a team, it should only take place in public areas. Student-Athletes will not entertain members of the opposite gender in team arranged hotel/motel rooms.
* Torso must be covered (unisuit pulled up or shirt on) at all times before, during and after racing in a regatta.
* Sexual activity of any nature is prohibited.
* All Student-Athletes are required to stay with the team until the trailer is completely loaded and they are released by the coach responsible for their boat.
* During practice times Student-Athletes are required to stay with their team unless the responsible coach approves an alternate activity (e.g. no exploring/shopping unless approved by their coach).
* PNRA/Mercer has a zero tolerance policy for Alcohol and Drug consumption or possession, including by not limited to non-prescription drugs or paraphernalia.
* Student-Athletes agree to comply with all chaperones’ directions and instruction.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read and agree to follow the above MJRC Team Rules and Travel Guidelines. I understand that any violation of these rules may jeopardize my participation in regattas as well as my participation in the Mercer Rowing Program.

Athlete Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_