

South Atlantic Yacht Racing Assoc. Junior Code of Ethics

Rules for Reference and Enforcement

GUIDELINES FOR YOUTH SAILORS

To make the most of your sailing experience, follow these guidelines:

1. Sail for fun and the love of the sport.
2. Work hard to improve your skills.
3. Listen, ask questions, and watch others to see how you can better your skills.
4. Learn teamwork, sportsmanship, discipline, confidence, and self-control.
5. Be a team player – get along with others.
6. Appreciate the contribution each person makes to the learning environment.
7. Learn the rules, and play by them.
8. Always be a good sport and set a positive example for others.

GUIDELINES FOR PARENTS

To make the most of your child's youth sailing experience, parents should always:

1. Support and promote the SAYRA Jr. Code of Ethics.
2. Place winning in the context of fun, good sportsmanship, and fair play.
3. Emphasize performance goals rather than outcome goals.
4. Promote the total sport of sailing, not just racing.
5. As spectators, remain in designated areas and manage motorboats properly.
6. Remember that any coaching DURING a race is prohibited. (See Racing Rules of Sailing 2021-2024 Part 4 - Rule 41 "Outside Help".)
7. Show respect for race officials and regatta rules.
8. Understand that alcohol and other illegal substances have no place at any junior sailing event.
9. Model supportive and ethical behavior. (Young people learn more from what they observe than from what they are told.)

GUIDELINES FOR COACHES / INSTRUCTORS

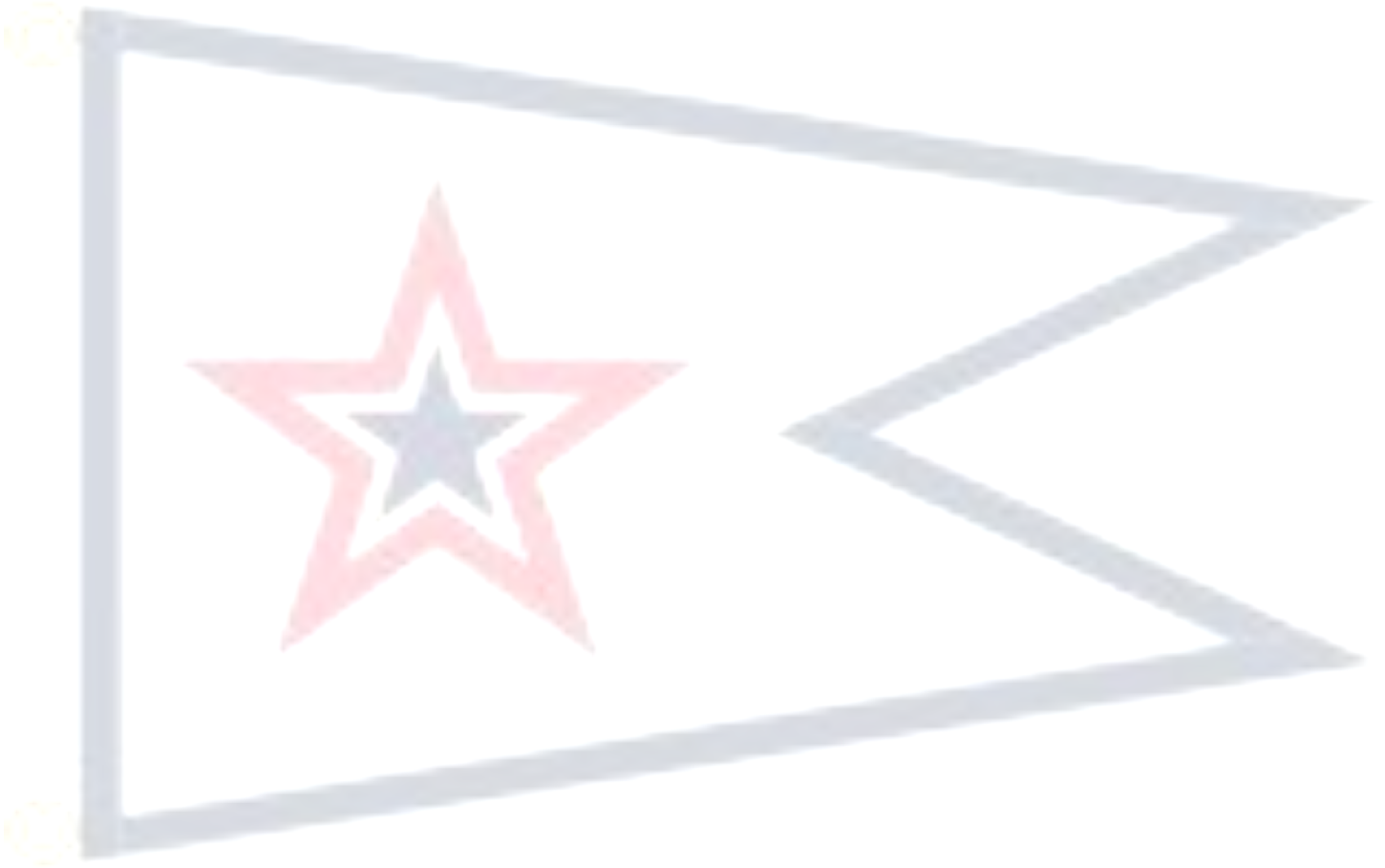
Coaches / Instructors should always:

1. Follow and promote the SAYRA Jr. Code of Ethics.
2. Be aware of their enormous influence on the sailors in their charge and strive to model the highest ethical and moral conduct.
3. Promote the total sport of sailing, not just racing.
4. Place winning in the context of fun, good sportsmanship, and fair play.
5. Take an active role in the prevention of drug, alcohol, and tobacco use.
6. Be aware of their responsibility for the supervision and welfare of the sailors in their charge at all times including at away regattas.
7. Operate support craft under recognized principles of safe motor boating. Always wear the safety lanyard/engine cut off switch when operating a powerboat.

South Atlantic Yacht Racing Assoc. Junior Code of Ethics

Rules for Reference and Enforcement

8. Uphold housing rules and event regulations, on and off the water.
9. Be thoroughly acquainted with the racing rules, encourage adherence to the rules, and teach not only the rules, but also the procedures to be followed in the protest process.
10. Assist all sailors to develop to their fullest potential.
11. Encourage their sailors to be organized, to be responsible for their own equipment, to respect the property of others, and to follow Lost and Found procedures.



South Atlantic Yacht Racing Assoc. Junior Code of Ethics

Rules for Reference and Enforcement

SUPPORTING ETHICAL BEHAVIOR

One of the goals of SAYRA is to CREATE AN ENVIRONMENT THAT SUPPORTS ETHICAL CHOICES.

We want to stress being proactive rather than being reactive as we strive to give our sailors the tools to make positive choices. All of us – including PROGRAM CHAIRS, HEAD INSTRUCTORS, INSTRUCTORS, and PARENTS should WORK TOGETHER AND WITH JUNIOR SAILORS to accomplish this goal. We hope that the SUGGESTIONS below will prove helpful.

- **GIVE YOUR SAILORS THE SUPPORT THEY NEED TO HELP THEM MAKE ETHICAL CHOICES.**
- **ENCOURAGE A FOCUS ON PERFORMANCE RATHER THAN OUTCOME.**
- **SEPARATE THE PERFORMER FROM THE PERFORMANCE.**
- **HELP SAILORS SET REALISTIC GOALS/EXPECTATIONS FOR THEMSELVES.**
- **USE THE SAYRA JR. ETHICS GUIDELINES AS A CENTERPIECE FOR YOUR PROGRAM PLANNING.**

GUIDELINE #1:

“Respected sailors always know and abide by the Racing Rules. They promptly take a penalty or retire when they know they broke a rule or file a protest when appropriate.”

SUGGESTIONS FOR HELPING SAILORS TO FOLLOW GUIDELINE #1:

- Include rules instruction in your program.
- Introduce a “rule of the week” – at age and skill appropriate levels.
- Include penalty turns as part of the on-the-water training.
- Set up on-the-water drills that will create rules situations (.i.e. rules that apply at mark roundings).
- Invite a local judge to help with mock protests.
- Brainstorm other ideas for improving sailors’ knowledge of the RRS and the protest processes.

GUIDELINE #2:

“Respected sailors always obey event regulations on and off the water, including housing rules.”

SUGGESTIONS FOR HELPING SAILORS TO FOLLOW GUIDELINE #2:

- Before each regatta, go to the SAYRA Website for the regatta’s “Notice of Race” .
- Review these and other regatta regulations with the sailors who will be attending the regatta.
- Make it clear to sailors that they represent not only themselves but also their club/program and that their club/program expects positive representation.
- Make following program and regatta regulations part of the culture of their club/program.

South Atlantic Yacht Racing Assoc. Junior Code of Ethics

Rules for Reference and Enforcement

GUIDELINE # 3:

“Respected sailors are always organized, prepared, and responsible for their own equipment.”

Before the sailing season begins, have a rigging day and go over each boat that will be used in your program.

- Be sure that all gear, including the sailor’s PFD is clearly and indelibly labeled.
- Check each boat to be sure it has the required safety equipment and is in proper working condition. Make this a condition of participation.
- Strongly encourage sailors and their parents to label all other personal belongings.
- Prepare a regatta checklist for each boat class. This list of necessary boat and personal gear will help sailors get organized for a regatta.

GUIDELINE # 4:

“Respected sailors always show respect to fellow sailors and those helping to run regattas and programs.”

Make RESPECT a major part of what you do.

- Develop ways for sailors to help other sailors and make that a part of the program culture. (i.e. Have 4 Opti sailors work together to remove an Opti from its rack and launch it.)
- Teach strategies for expressing concerns in a positive way.
- Make it clear to parents, instructors, committee people, sailors, and others who are involved with the junior sailors that RESPECTFUL behavior is expected from everyone.

Remember that young people learn more from what they observe than from what they are told.

- Be sure sailors understand what the consequences will be at the program level, regatta level, the SAYRA level, and even at the US SAILING national level if they:
 - ***Swear at, intimidate or harass anyone, including teammates, on or off the water.***
 - ***Steal or borrow, without permission, anything that does not belong to them.***
 - ***Break laws related to alcohol, tobacco, or illegal drugs.***

South Atlantic Yacht Racing Assoc. Junior Code of Ethics

Rules for Reference and Enforcement

Racing Rules of Sailing to reference:

Basic Principle # 1 – Sportsmanship and the Rules

Competitors in the sport of sailing are governed by a body of rules that they are expected to follow and enforce. A fundamental principle of sportsmanship is that when a boat breaks a *rule* and is not exonerated she will promptly take an appropriate penalty or action, which may be to retire.

Basic Principle # 2 – Environmental Responsibility

Participants are encouraged to minimize any adverse environmental impact of the sport of sailing.

Part 1 Fundamental Rules- #2 Fair Sailing

A boat and her owner shall compete in compliance with recognized principles of sportsmanship and fair play. A boat may be penalized under this rule only if it is clearly established that these principles have been violated. The penalty shall be a disqualification that is not excludable.

Part 4 Other Requirements When Racing- #42 Propulsion

42.1. Basic Rule

Except when permitted in rule 42.3 or 45, a boat shall compete by using only the wind and water to increase, maintain or decrease her speed. Her crew may adjust the trim of sails and hull, and perform other acts of seamanship, but shall not otherwise move their bodies to propel the boat.

Part 5, Section C- Misconduct

69.1. Obligation not to Commit Misconduct; Resolution

- a. A competitor, boat owner or *support person* shall not commit an act of misconduct.
- b. Misconduct is:
 - i. conduct that is a breach of good manners, a breach of good sportsmanship, or unethical behaviour; or
 - ii. conduct that may bring, or has brought, the sport into disrepute.
- c. An allegation of a breach of rule 69.1(a) shall be resolved in accordance with the provisions of rule 69. It shall not be grounds for a *protest* and rule 63.1 does not apply.