

A KOA KAI PADDLER'S DUTIES AND CODE OF ETHICS AND CONDUCT**1. Members are expected to treat all fellow members and the general community with respect, honesty and fairness.**

- i. Respect yourself.
 - a. Strive to achieve your personal best – both physically and mentally – and to support others in this effort.
 - b. Concentrate on paddling and affecting the outcome of a race with your best effort. Work hard for your team and yourself.
- ii. Respect other members.
 - a. Be a good sport. Cheer on your teammates. Applaud the efforts of other clubs.
 - b. Treat all fellow paddlers as you would like to be treated.
 - c. Members are expected to understand that violence or physical or verbal abuse are unacceptable and are grounds for suspension from the club.
 - d. Keep the best interest of the team before your personal aspirations.
 - e. Remember that the goals of paddling are to have fun, to improve your skills, and to feel good.
- iii. Cooperate with and support your teammates and coaches on and off the water. Ask what you can do for your teammates and club.
- iv. Respect your paddling coach.
 - a. Never argue or complain about a coach's decision.
 - b. Control your temper and resist the temptation to retaliate when you feel you have been wronged.
 - c. Discuss any disagreements directly with your coach in a constructive manner.
- v. Respect the Board members, Officers, and Coaches of the club.
 - a. Be aware of the club's history. Understand the legacy of canoe paddling.
 - b. Understand the way that the club is organized, function within the club's framework, and abide by the club's rules and regulations. Take pride in being a club member and realize that whenever you paddle with the club, or is identified as a club member by wearing a club shirt, etc., you represent the whole club, as well as the sport of outrigger canoe racing.
 - c. Acknowledge that the Head Coach and the assistant coaches are delegated by the club to lead and direct the activities of the paddlers. Heed advice given by coaches. Accept criticism and praise in a positive way. Sensitivity to the needs of others, tolerance of differences, and personal improvement should be the focus rather than the criticism of others.
- vi. Respect the club's equipment and take the initiative to learn about the care and maintenance of your club's facilities, equipment, paddles, and canoes.
 - a. Always try to lift canoes instead of dragging them.
 - b. Do not sit or lean on canoes, especially on the ama, 'iako or gunnels.
 - c. Do not lean against or step over canoes.
 - d. Do not jump on or around canoes.
 - e. Always be aware of other canoes and obstacles. Avoid collisions.
 - f. Always bail out water and clean a canoe after each practice
 - g. Mark your paddle with a sticker or your name.
 - h. Never grind your paddle in the dirt or sand.
 - i. Keep our club area clean and litter-free.

2. Members are expected to dedicate themselves in achieving the highest level of physical fitness required by the coaches and to participate wholeheartedly in any conditioning program that is recommended by the coaches.

Members are expected to arrive at practice and races early enough to mentally "settle in," to warm-up physically, to check equipment, and to otherwise prepare. A paddler should be prepared to give his/her mental and physical best, always willing and motivated to make an initial effort, a second effort, a third effort, etc. to reach the goals of the crew and the club.

3. Members are expected to participate in club activities and committees.

- i. Volunteer to head a club committee or become a committee member.
- ii. Volunteer to help out at races, that is, to set up tents, to help with canoes, to take down tents, and to stay and support fellow paddlers as they race.
- iii. Participate in fundraising events. This includes selling/buying the required # of fundraiser tickets. Fundraising is part of a member's financial obligation to the club. A member is responsible for selling and/or buying a required number of fundraising tickets of items and paying those funds into the club. If the member is a minor, their parent/guardian assumes responsibility for the fundraising obligation.
- iv. Participate in club sponsored race.

4. Members are expected to be responsible for any returned check fees and to pay with a certified check or cash once a check has been returned.**5. COVID-19**

If you experience symptoms of COVID-19 or have come into contact with someone experiencing symptoms at home or at work, please do not come to practice.

A KOA KAI COACH'S CODE OF ETHICS AND CONDUCT

1. Treat each paddler with respect and dignity.
2. Provide canoe paddlers with advance notice of program requirements, practice schedule, and crew selection criteria.
3. Make crew decisions based on fair and equitable standards.
4. Be available to explain decisions or answer questions.
5. Foster an environment of open communication with the paddlers.
6. Mediate conflicts between paddlers that affect the success of the paddling program.
7. Be prepared to seek help from the Head Coach or President in solving conflicts.
8. Utilize a positive coaching style that fosters teamwork and promotes Koa Kai Canoe Club.

By signing the Koa Kai Canoe Club Application form, I agree to uphold the Koa Kai Paddler's Duties and Code of Ethics and Conduct. I have read and agree to the above terms in the written Koa Kai Canoe Club Member Agreement.