

EXPECTATIONS FOR ATHLETES  
&  
RULES FOR OVERNIGHT FIELD TRIPS

This trip is a privilege, not a right.

Coaches, Parents, and your teammates have all worked hard to get ready for this Regatta. Coaches oversee the team at the water. Chaperones are in charge when you're at the WSHS Tent (riverside), hotel, in a personal vehicle, and during any free time. The Chaperones are volunteers and parents of your teammates. Please be respectful of them when they need to enforce rules, give correcting comments, or administer consequences.

#### RULES

- Proper behavior will always be expected. Athletes are required to abide by all rules contained in the Fairfax County Public Schools Student Rights and Responsibilities. This includes all regulations regarding the use of tobacco, alcohol, and drugs, language, dress code, etc. You are representing WSHS and Spartan Crew, as well as yourself. Always be courteous and considerate to everyone. Listen to your chaperones and abide by his/her guidance. Use appropriate, respectful language. NO PROFANITY!
- Athletes may not leave the hotel or regatta site without an adult chaperone.
- Remember the Buddy System! Never roam around alone. Exchange phone numbers with your chaperone and always reply to his/her text or call.
- No public displays of affection. This is a school field trip, not a date.
- Always respect the property of others.
- Clothing should fit, be neat and clean, and conform to standards of safety, good taste, and decency. When wearing the Spartan Crew Uniform, do not remove the top portion, no matter how hot the temperature.
- Do not take inappropriate pictures or videos of anyone at any time during the trip.

#### CAR RULES

- No sharing of blankets
- Use respectful language. No profanity
- Keep noise at a level safe for the driver
- No standing for extended periods of time
- Do not throw objects - even in fun - this is a safety hazard
- Clean around your seat before departing the vehicle. Clear trash at each rest stop.
- Always double-check to ensure that you have all your belongings before departing the vehicle.

#### HOTEL RULES

- Athletes are not permitted to change room assignments.

- Please do not play music at a loud volume, run, or shout in public areas (hallways, lobby, elevators) of the hotel. Be respectful of all Hotel guests.
  - No profanity.
  - Do not leave your hotel room unless fully clothed. Dress appropriately for the occasion. It is improper to wear pajamas or bedclothes in the hallway (unless it's a fire alarm)
  - Athletes are only allowed on the floors where we have rooms for our team
  - Athletes of the opposite sex MAY NOT enter each other's rooms under any circumstances.
  - At curfew, each athlete must be in his or her assigned room.
    - BE ON TIME!
    - After lights out, please be quiet so as not to disturb others.
    - Doors are to remain closed and locked.
    - Chaperones will check on their students' rooms periodically.
  - Do not leave valuables or money in rooms. Talk to your chaperones about where to put these items.
  - Rooms should be left just as when you arrived. Report any problems in your room to your chaperone immediately.
- Athletes are responsible for knowing when and where to meet chaperones and vehicles. ALWAYS BE ON TIME!