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# Yachting New Zealand

## **Ethical Guidelines for Junior Sailors**

*“You haven’t won the race if, in winning the race, you have lost the respect of your competitors.”*

*Paul Elvström (Four-time Olympic gold medallist)*



# Ethics Guidelines for Sailors

## Respected Sailors Always:

1. Know and abide by the Racing Rules. They promptly:
  - Take a penalty or retire when they know they broke a rule, or
  - Lodge a protest when appropriate.
2. Obey event rules, on and off the water, including club rules.
3. Are organised, prepared and responsible for their own equipment.
4. Show respect to fellow sailors and those helping to run regattas and programs.

## Respected Sailors Never:

1. Swear at, intimidate or harass anyone, including team mates, on or off the water.
2. Steal or borrow, without permission, anything that does not belong to them.
3. Break laws related to alcohol, tobacco or illegal drugs.

“You haven’t won the race if, in winning the race, you have lost the respect of your competitors.”

Paul Elvström (Four-time Olympic gold medallist)



# Guidelines for Parents

## *Parents should always:*

- 1 Support and promote the YNZ Ethics Guidelines.
- 2 Place winning in the context of fun, good sportsmanship, and fair play. Emphasise performance goals rather than outcome goals.
- 3 Promote the total sport of sailing, not just racing.
- 4 As spectators, remain in designated areas and manage motorboats properly.
- 5 Remember that any coaching during a race is prohibited.  
(See Racing Rules of Sailing 2005-2008 Rule 41 “Outside Help”.)
- 6 Show respect for race officials and regatta rules.
- 7 Be familiar with and carry out the Risk Management procedures at all times.
- 8 Understand that inappropriate alcohol use and illegal substances have no place at any junior sailing event.
- 9 Model supportive and ethical behaviour. (Young people learn more from what they observe than from what they are told.)



# Guidelines for Coaches

## *Coaches should always:*

1. Follow and promote the YNZ Ethics Guidelines.
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. Treat all sailors equally during coaching sessions and at regattas.
6. Take an active role in the prevention of drug and tobacco use.
7. Be aware of their responsibility for the supervision and welfare of the sailors in their charge at all times including at regattas.
8. Operate support craft under recognised principles of safe power boating.
9. Understand that they must uphold event regulations, on and off the water, and club rules.
10. 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.
11. Assist all sailors to develop to their fullest potential.
12. Encourage their sailors to be organised, to be responsible for their own equipment and to respect the property of others.
13. Be familiar with and carry out the Risk Management procedures at all times.



# Guidelines for Race Committees and Regatta Organisers

*Race Committees and Regatta Organisers should always*

- 1 Support and promote the YNZ Ethics Guidelines.
2. Recognize that junior sailing events are intended to be fun, educational and user-friendly events.
3. Encourage adherence to the racing rules.
4. Establish and enforce guidelines for spectator boats.
5. Provide ways of recognising the accomplishments of many junior sailors, not just the winners.
6. Understand that inappropriate alcohol use and illegal drugs have no place at a junior sailing event.
7. Establish, publicise, and carry out consequences for unethical behaviour.
8. Be familiar with and carry out the Risk Management procedures at all times.



## Supporting Ethical Behaviour

Our goal 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 Club Committees, Coaches and Parents should WORK TOGETHER AND WITH JUNIOR SAILORS to accomplish this goal.

We hope that the SUGGESTIONS below will prove helpful.

1. GIVE YOUR SAILORS THE SUPPORT THEY NEED TO HELP THEM MAKE ETHICAL CHOICES.
2. ENCOURAGE A FOCUS ON PERFORMANCE RATHER THAN OUTCOME; SEPARATE THE PERFORMER FROM THE PERFORMANCE; HELP SAILORS SET REALISTIC GOALS/EXPECTATIONS FOR THEMSELVES.
3. USE THE YNZ ETHICS GUIDELINES POSTER AS A CENTREPIECE FOR YOUR PROGRAMME 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 coaching programme.
- 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 Rule 42 interpretations and mock protests.
- Have sailors serve as arbitrators.
- Brainstorm other ideas for improving sailors’ knowledge of the Racing Rules of Sailing and the protest processes.

### ***GUIDELINE #2:***

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

#### **SUGGESTIONS FOR HELPING SAILORS TO FOLLOW GUIDELINE #2:**

- Before each regatta go to the regatta 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/programme and that their club/programme expects positive representation.

### **GUIDELINE # 3:**

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

#### **SUGGESTIONS FOR HELPING SAILORS TO FOLLOW GUIDELINE #3:**

- Before the sailing season begins have a rigging day and check-in each boat that will be used in your coaching programme.
- Be sure that all gear, including the sailor’s life jacket is clearly and indelibly labelled.
- Check each boat to be sure it has the required safety equipment. 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 organised for a regatta.

### **GUIDELINE # 4:**

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

#### **SUGGESTIONS FOR HELPING SAILORS TO FOLLOW GUIDELINE #4:**

- Make RESPECT a major part of what you do.
- Develop ways for sailors to help other sailors and make that a part of the programme 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 behaviour is expected from everyone.
- Remember that young people learn more from what they observe than from what they are told.

REVIEW THE ETHICS GUIDELINES THAT SPELL OUT WHAT “RESPECTED SAILORS NEVER DO”.

BE SURE THE SAILORS UNDERSTAND WHAT THE CONSEQUENCES WILL BE AT THE COACHING LEVEL, THE REGATTA LEVEL, THE CLUB LEVEL AND EVEN, POSSIBLY, THE NATIONAL LEVEL IF THEY:

1. Swear at, intimidate or harass anyone, including team mates, on or off the water.
2. Steal or borrow, without permission, anything that does not belong to them.
3. Break laws related to alcohol, tobacco or illegal drugs.

