



# ATTENDANCE POLICY

*To be reviewed and signed by both athlete and parent/guardian*

DUC places a high value on commitment, dedication, and teamwork. Regular attendance is crucial for individual and team progress, skill development, and overall success. However, we understand that unforeseen circumstances may arise, leading to occasional absences. To strike a balance between promoting accountability and accommodating genuine reasons for missing practices, we have established the following attendance policy:

## 2PM Rule

As a guideline, if you are not going to be at practice let the coaching staff know as soon as possible. If something comes up on the day of practice, let the coaches know by **2PM** on the same day or the boat you are in for the day will stay on land.

## Excused Absences

Each rower is allowed up to six (6) excused absences during the season. These absences must be communicated in advance to the coaching staff, whenever possible.

Excused absences include medical appointments, family emergencies, school-related commitments, or other pre-approved situations.

## Sick Days

Rowers are allowed four (4) sick days during the season, without it impacting their eligibility for boating in upcoming races or events. To claim a sick day, the rower must notify the coaching staff about the illness before the scheduled practice. This allows us to plan and adjust lineups accordingly. **You must notify the coaching staff before 2PM or your line-up will be on land.**

## Unexcused Absences

Any absence not falling under the category of an excused absence or a sick day will be considered unexcused.

After exceeding the allowed number of excused absences and sick days, unexcused absences may lead to consequences that affect boating eligibility for upcoming races.

## Exception for Dual Sport Athletes

Athletes who pursue a second sport in addition to rowing may receive concessions to this Attendance Policy. Absences to attend practice and competition for a second sport must be cleared in advance by the head coach and documented accordingly.

## Consequences

In the event that a rower exceeds the limit of six (6) excused absences or four (4) sick days: The rower's eligibility for being placed in a boat during upcoming races or events may be affected.

The coaching staff will have the discretion to make decisions based on the rower's attendance record, performance, and team commitment.

## **Communication and Documentation:**

For any planned absence, it is the rower's responsibility to inform the coaching staff or team coordinator in advance, whenever possible.

In case of a sick day, the rower or their parent/guardian must promptly notify the coaching staff on the day of the absence.

In exceptional circumstances that prevent prior notification (e.g., sudden illness or emergencies), the rower or their parent/guardian should provide documentation of the reason for the absence as soon as possible.

## **Appeals**

If a rower believes that a marked absence was miscounted or unfairly recorded, they may submit an appeal to the coaching staff with relevant documentation or explanation.

Our attendance policy is designed to promote accountability while recognizing that certain situations may warrant exceptions. We encourage open communication between rowers, parents/guardians, and the coaching staff to ensure transparency and understanding.

Remember, regular attendance is essential for individual and team growth, and we appreciate the commitment of every member to the success of our team.