

# NEWARK ROWING CLUB CODES OF CONDUCT

In accordance with British Rowing guidance November 2009

## Introduction

- In accordance with the guidance of British Rowing, Newark Rowing Club seeks to unify all in the common appreciation and enjoyment of the sport of rowing and in so doing undertakes to provide a safe and accessible environment in which all participants in the sport can do so free from discrimination or bias.
- The Club shall ensure that the facilities and equipment are maintained in a serviceable and safe condition. Damaged equipment shall be quarantined and use of it suspended until such time as it is made safe.
- The Club shall provide adequate resources for the delivery of safe training sessions for all participants at all times in accordance with the Row Safe guidance, other British Rowing guidance and the provisions of all relevant statutory instruments.
- The Club shall provide support, guidance and coaching to all participants regardless of age or ability.
- The Club commits to assist all participants in their personal and sporting development and to provide support to all in achieving their goals.
- The Club shall provide suitable coaching resources for the demand of members as required and without bias.

## Code of conduct for Members

- Members of the Club shall be familiar with the Club Rules, its Code of Conduct and the Rules of British Rowing and shall observe these rules at all times.
- Members of the Club shall treat others in the manner which they themselves expect to be treated. They shall be polite and courteous and refrain from being abusive or domineering.
- Members of the Club shall treat all equipment with respect and take care to avoid damage. Where damage does occur members shall report it immediately without fear of reprisal.
- When representing The Club at events members shall do so in a manner which presents The Club in a positive light, they shall avoid inappropriate language or behaviour, remain courteous and polite in all circumstances and respect the instruction or decisions of others.
- When representing The Club at events all members shall observe the rules and procedures of that event and shall follow the instruction of officials as required.
- No member of The Club shall take performance enhancing drugs, or partake in the sport whilst under the influence of drugs or alcohol.

## Code of conduct for parents and carers involved in rowing

Parents and carers of junior club members are graciously requested to observe the following guidance.

- To not place excessive pressure on juniors to participate in the sport, to compete against their will, or over emphasise the desire to win.
- To respect the decisions and comments of coaches and senior members of The Club.
- When supporting their children at events parents and carers shall do so in a manner which presents The Club in a positive light, they shall avoid inappropriate language or behaviour, remain courteous and polite in all circumstances and respect the instruction or decisions of others.
- Provide support and encouragement to their children and to others in training and competition regardless of their ability.
- To advise coaches or the Welfare Officer of any medical or special considerations of their child or children in their participation of the sport.
- Encourage their children to take responsibility for their own actions; for their safety and that of their contemporaries and to respect the facilities provided.
- Ensure that their children are suitably equipped for the conditions. With appropriate clothing, refreshments and anything else necessary.
- Parents and carers are encouraged to become involved in the day to day operation of The Club and to provide support whenever possible.
- Parents and carers are encouraged to share any concerns they have regarding the conduct of all club members, coaches or others to the Welfare Officer, and not take matters into their own hands.
- Parents and carers are encouraged to discuss the requirements of the sport with coaches in regard to training and participation and throughout their child's involvement in the sport.
- Parents and carers are to provide consent in good time for their child or children to participate in training, competition and events as and when requested by the coaches or Welfare Officer.

## Code of conduct for rowing coaches

- Coaches have a duty of care to their charges and represent The Club in all of their actions, they shall be mindful that their actions or inactions may bring themselves and The Club into disrepute. They shall avoid inappropriate language or behaviour, remain courteous and polite in all circumstances and respect the instruction or decisions of others.
- Coaches shall be familiar with and ensure their actions and activities observe the provisions of the Row Safe Guide and British Rowing guidelines for coaching.
- Coaches shall have received formal training and achieved the minimum level of competence as defined by British Rowing. Performance coaches shall have received enhanced training as required by the British Rowing guidelines for coaching. Coaches are required to undertake to a programme of continuous development and shall keep records of further relevant training.
- Coaches shall foster an environment which is inclusive and free from oppression or intimidation, participants are to be encouraged to take responsibility for their safety and that of their contemporaries and to respect the facilities provided.
- Coaches shall liaise with the Club Welfare Officer to ensure that guidelines for conduct towards children or vulnerable adults are observed at all times by all participants in their charge and shall provide means of receiving, recording and reporting allegations of improper conduct or abuse in accordance with British Rowing guidelines.
- Coaches shall ensure that the level and type of activity is appropriate to the participants and that the course programme meets the requirements of all regardless of commitment or ability.
- Coaches shall ensure that wherever possible training programmes are presented to participants in written form with means of recording the performance of participants against established targets.
- Coaches shall engage in an open system of feedback from club members and participants with a view to the continuous development and improvement of their training programmes and techniques. They shall ensure that the content of their programmes is in accordance with current guidance and thinking.
- Coaches shall conduct themselves in a considered and professional manner whenever representing The Club. They shall avoid at all costs inappropriate language, mannerisms, contact, gestures and other actions which may be misconstrued whilst undertaking their coaching duties.
- Coaches shall act in the best interests of their participants; providing advice on and access to additional resources and services as may be required or requested. They shall seek external advice where situations presented are outside of their area of experience.
- Coaches shall not undertake their duties whilst under the influence of drugs or alcohol, and shall ensure that their actions promote a healthy lifestyle and a sport free from performance enhancing drugs.

- Coaches shall avoid criticism of or making demeaning comments towards participants, they shall also refrain from making disparaging comments towards their coaching colleagues, members of The Club or other rowing clubs.
- Coaches shall observe the actions and interactions of participants and endeavour to control the assent of any bullying or inappropriate conduct wherever appropriate.

### **Additional requirements for coaching Juniors**

- Coaches shall ensure that they follow the guidelines in the British Rowing Safeguarding and Protecting Children Booklet regarding communication with parents and young people.
- Coaches shall develop a programme which is suitable to the participants' age and development, wherever appropriate they shall engage parents and other relevant parties the requirements of the programme and the level of commitment expected. They shall ensure that participants are not trained to excess.
- Coaches shall encourage enjoyment of the sport and not become focussed on the delivery of performance athletes, development of technique and participation shall be regarded as the core objectives.
- Coaching courses shall be developed to take into account the varied rate of development of junior members and shall endeavour to maintain an inclusive programme which challenges and encourages all participants irrespective of their development or ability.