



# Code of conduct

## for children and young people aged 12-15 years

Created by the CPSU and adapted for Leicester Rowing Club

### PLAY BY THE RULES

- 1 Be yourself and accepting of others – we're all different, let's celebrate this!
- 2 Be respectful to others and take care of our equipment and space
- 3 Try your best, and encourage others also
- 4 Listen to your coach
- 5 Speak out if you feel worried or concerned
- 6 Bring the correct kit, food and drinks to your sessions, rowing and club events – ask a parent to help you with this
- 7 Remind an adult of your sessions, club events or rowing competitions, so you're on time
- 8 Please do not wander off or leave without telling your Squad Lead or Session Coach
- 9 Do not vape, smoke or consume alcohol during sessions, club events and competitions or at our space
- 10 Enjoy your sport or activity

**Feel worried or have a concern? Reach out to someone you trust – like a parent or family member, coach, the club welfare officer or other adult – or contact Childline.**