



Code of conduct

for children and young people aged 15+ years

Created by the CPSU and adapted by 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 our equipment space and others.
3. Appreciate that everyone has different levels of ability and skill.
4. Try your best, also encourage and support your teammates.
5. Listen to your coach.
6. Speak out if you feel worried or concerned (including any bullying you may have heard or seen).
7. Bring the correct kit, food and drinks to your sessions.
8. Make it to sessions on time – remind an adult of your sessions and competitions, so you're on time.
9. Please do not wander off or leave without telling your coach or session lead.
10. Do not vape, smoke or consume alcohol during sessions, competitions or whilst at our club.
11. Respect everyone participating (staff, volunteers, officials and rowers from all squads).
12. Celebrate successes and be gracious when we lose.
13. Follow our club or activities rules, RowSafe, BR Rules of Racing and club safety policies.
14. Follow our online safety and social media policies and procedures.
15. Have fun and enjoy your time with us.

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.

childline

ONLINE, THE PHONE, ANYTIME
childline.org.uk

ON | 0800 1111



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GUIDANCE FOR ROWERS

1. Be yourself and accepting of others. We're all different, let's celebrate this. Please do not discriminate against anyone!
2. Be respectful to our equipment and space and, others. Appreciate that everyone has different levels of ability and skill.
3. Try your best, also encourage and support your teammates.
4. Listen to your coach.
5. Speak out if you feel worried or concerned (including any bullying you may have heard or seen) – reach out to your coach or a parent for support.
6. Bring the correct kit, food and drinks to your sessions and competitions.
7. Make it to sessions on time – remind an adult of your sessions or competitions, so you're on time.
8. Please do not wander off or leave without telling your coach.
9. Do not vape, smoke or consume alcohol during sessions, competitions or whilst at our Club.
10. Respect everyone participating (volunteers, officials and rowers from all Clubs and squads).
11. Celebrate successes and be gracious when we lose.
12. Follow our club rules and the rules of RowSafe, British Rowing Rules of Competition and the rules of other clubs when visiting.
13. Follow our online safety and social media policies and procedures.
14. Have fun and enjoy your time with us.

Feel worried or have a concern?

Reach out to someone you trust, like a parent or family member, coach, adult at the club, or the club welfare officer and her team: **KIM CLARK, BARBARA BOGUSZ, STEPHEN BOWYER and MICHELLE DEMPSEY**

<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

<https://www.britishrowing.org/events/entering-competitions/rules-of-racing/>