



Leicester Rowing Club

Code of Conduct

Leicester Rowing Club is committed to safeguarding and promoting the well-being of all its members.

The club believes that it is important that members (including junior members), coaches and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. To achieve this all members, juniors, coaches, officials, volunteers and parents are expected to comply with the relevant parts of this Code of Conduct.

Members are encouraged to be open at all times and to share any concerns, complaints or grievances about any aspect of the club with the Club Welfare Officer or a member of the committee.

Code of conduct for Leicester Rowing Club coaches, officials and volunteers

All Leicester Rowing Club coaches, officials and volunteers are expected to be honest, ethical and fair at all times, and especially when dealing with children and vulnerable adults. All coaches, officials and volunteers are expected to:

- Consider the safety and well-being of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust and respect.
- Establish a supportive, environment for the purpose of healthy competition, skill development, fun and achievement.
- Ensure all activities are appropriate to the age, ability and experience of those taking part.
- Promote the positive aspects of rowing and fair play by being considerate towards athletes, officials, parents, spectators and the public, and by abiding by the rules of racing; and officials' decisions.
- Display consistently high standards of personal behaviour and appearance.
- Use correct and proper language at all times.
- Where appropriate, hold valid leadership or coaching qualifications and British Rowing membership.
- Ensure any incidents on or off the water are reported and recorded in the appropriate manner.
- Follow the guidelines, policies and procedures laid down by British Rowing and Leicester Rowing Club relating to Safety and Child Protection.

Code of Conduct for all members

Leicester Rowing Club expects all its members to:

- Always consider the safety and welfare of fellow members, parents and others who may be impacted by your acts or omissions.
- Abide by the club rules, byelaws and the rules of racing.
- Act in a sportsmanlike manner both in training and in competition, and show respect for other club members, opponents, parents, spectators and officials, and their decisions.
- Comply with any rules, advice and guidance given by Club officials, British Rowing, Club Water Safety Adviser, Regional Water Safety Adviser, competition organisers and coaches to ensure that the risks to yourselves and others are adequately managed.
- Respect the decisions of others concerned about starting, continuing training or competing in heightened risk situations.
- Conduct yourself in a manner that will not cause embarrassment or offence to others, either through your actions or inappropriate language, or cause the club to be brought into disrepute.
- Report any collisions/ damage to equipment to the Captain within 24 hours and on the British Rowing incident reporting system
- Help maintain equipment by cleaning boats, oars and ergos each time after use and replacing missing/damaged parts where necessary. More serious damage/wear and tear to equipment should be reported to the Captain immediately so that repairs can be carried out as necessary
- Always clear equipment away when finished with, leaving the boathouse and training areas in a clean and safe state
- Ensure the clubhouse is left in a safe and secure state when leaving the building.
- Keep to agreed timings and where possible give advance notice where these cannot be met.
- Wear suitable kit for training and racing as advised by the coach.
- Always acquaint yourself with competitors' instructions and safety information before competing at an event.
- Willingly volunteer to help with all club fundraising and social activities, and to help with marshalling, catering and other duties at club events such as the annual regatta.
- Respect the rights, dignity and worth of other members, visitors, event officials and fellow competitors and not discriminate on the grounds of age, gender, marital status, sexual orientation, disability, race, colour, ethnic background, nationality, religion or belief.
- Pay any fees for training, travel, competitions or social activities promptly.
- Show loyalty to their club and fellow members.
- Never bring, use or be under the influence of banned substances on the club premises or when representing the club.
- Regularly monitor club notice boards, members' portal, email notifications, social media and take notice of any relevant information.

Code of conduct for junior members

Leicester Rowing Club expects all its junior members to:

- Play within the rules and show respect for other club members, opponents, parents, spectators and officials and their decisions.
- Be on time for training and competitions or inform the coach if you are going to be late.
- Wear suitable kit for training and racing as advised by the coach and bring a change of clothes.
- Pay any charges for training or events promptly.
- Never smoke or consume alcohol or drugs of any kind on the club premises or when representing the club.
- Help with fundraising activities and club events
- Always wash club equipment after use.
- Show loyalty to their club and fellow members.
- Regularly monitor club notice boards, members' portal, email notifications, social media and take notice of any relevant information.
- Respect the rights, dignity and worth of other members, officials and fellow competitors and not discriminate on any grounds whatsoever.

Code of conduct for parents and carers

Leicester Rowing Club expects that, as a parent/ carer of a junior member, you shall:

- Support your child's involvement and help them to enjoy their sport, never forcing them to take part.
- Help your child to recognise good performance, not just results.
- Never punish or belittle your child for losing or making mistakes.
- Encourage fair play and respect for officials' decisions.
- Encourage your child to understand the rules of racing and to abide by them.
- Discourage unfair play and arguing with officials.
- Encourage and guide your child to accept responsibility for their own performance and behaviour.
- Set a good example by recognising fair play and applauding good performances of all.
- Help support club coaches by acting as spotters when requested.
- Help the club in its fundraising efforts.
- Never leave a child at the clubhouse without first checking that their coach is present and the training session is taking place.
- Use correct and proper language at all times.
- Keep coaches informed about any special needs, medical conditions or allergies that your child may have.
- Ensure that you keep the club up to date with any changes in contact details, especially emergency numbers.
- Ensure your child is appropriately dressed and equipped for the weather and activity, e.g. warm clothes, sun hat, sun protection, food, drinks etc as appropriate.



Liz Pulford
President and Club Welfare Officer
Leicester Rowing Club