



## **CODES OF CONDUCT AT YORK CITY ROWING CLUB** **(Including those related to Safeguarding and Protecting Children and Adults at Risk)**

York City Rowing Club is committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coach's administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and where necessary to share any concerns or complaints that they may have about any aspect of the club through the relevant captain or member of the committee, Club Welfare Officer (Roger Woollen: Welfare@yrcr.co.uk) or if appropriate the club complaints procedure.

The club's disciplinary/complaints procedure will apply the Code of Conduct.

### **Code of conduct for all members including Juniors**

The Club expects that all members shall:

1. respect the rights, dignity and worth of other participants, and not discriminate on the grounds of gender, race, colour, disability, sexuality, age, marital status, occupation or political opinion
2. promote the clubs Vision and Values helping to create a "welcoming and supportive environment for all" where members "work together and encourage each other"
3. show respect for other club members and opponents, parents, spectators and officials and their decisions in all activities and communications (including via social media).
4. encourage other squad members, avoiding critical comments. Any concerns should be referred to the coach or captain.
5. display high standards of personal behaviour and sportsmanship
6. follow safe practice at all times and adhere to the policies and procedures of the club, British Rowing and Row Safe when training or competing on or off the water
7. show loyalty to the club ensuring the club has a positive image
8. attend all meetings called for your section in order to be kept up to date with any matters arising
9. complete all required duties around the clubhouse including cleaning and putting away equipment leaving the boathouse and training areas in a secure, clean and safe condition
10. volunteer to help at club events by marshalling and other duties and by helping to raise funds
11. report any concerns immediately regarding safety or safeguarding to the Club Captain or Club Welfare Officer
12. report any incidents, collisions, damage to equipment etc. to the club captain or the Boat Officer within 24hours and fill in any appropriate incident reports
13. ensure all payments are made on time
14. abide by the rules of the club in relation to training and competition
15. seek permission before posting images of other club members on social media platforms and recognise the right of individuals not to be included in online postings.
16. not use a camera on the club site where juniors are present without authorisation from the Junior Coordinator.
17. not smoke or take banned substances. Drinking alcohol should be restricted to that bought and consumed in the bar lounge and to those members and visitors over the age of 18.

### **Further code of conduct for junior members**

The Club expects juniors will also:

1. respect and be polite to coaches and appreciate they give up their time voluntarily. Saying “thank you” is a sign of appreciation
2. wear suitable and appropriate kit for training and racing as advised by the coach and bring a reusable/recyclable water bottle, a change of clothes and sun screen where appropriate
3. be considerate, friendly, and helpful to fellow rowers and be aware of the consequences of bullying
4. maintain high standards of behaviour and make a positive contribution to the image of the club
5. follow the instructions of the coaches and only take responsibility under instruction, supervision and the guidance of coaches
6. commit themselves to learning and improving their rowing skills
7. Recognise they are part of a team where everyone is valued equally

### **Code of conduct for club coaches, officials and volunteers**

Good ethical conduct and practice in relation to all rowers requires that all coaches, officials and volunteers must:

1. consider the well-being, welfare and safety of athletes before the development of performance.
2. establish supportive, positive environments for the purpose of healthy competition, skill development, fun and achievement
3. develop an appropriate working relationship with athletes, based on mutual trust and respect.
4. ensure that all activities are appropriate to the age, ability and experience of the athletes taking part
5. promote the positive aspects of rowing and fair play by showing considerate regard for athletes, volunteers, parents, spectators and officials; abiding by the rules of racing; and accepting officials’ decisions
6. reinforce sportsmanlike behaviour, encouraging respect for the opposition, adherence to the British Rowing Rules of Rowing and acceptance of decisions.
7. display consistently high standards of personal behaviour, language, manners, punctuality, preparation and appearance.
8. hold appropriate valid leadership, coaching qualifications or experience, and continually review and develop their practices Be members of the club and of British Rowing
9. follow all safety guidelines laid down by the club, British Rowing and Row Safe, ensuring safe practice at all times by assessing and managing risk
10. ensure all incidents on or off the water are reported and recorded according to club policy.
11. maintain the same level of interest when the athlete is sick or injured
12. only assume roles for which they are qualified and or experienced
13. apply club policies in relation to the frequency and intensity of land training, including weights, and training on the water
14. provide feedback to participants in a manner which reflects respect and care
15. obtain permission to take video photographic material and explain how it is to be used, and if relevant stored.

### **Code of conduct for club coaches, officials and volunteers with respect to Children and Adults at Risk**

Coaches have a responsibility of care and should.

1. hold the welfare of the child or adult at risk of paramount importance
2. be familiar with and apply all aspects of the YCRC Safeguarding and Protection of Children and Adults at Risk policy along with the Anti bullying policy.
3. report concerns they may have about welfare of or behaviour towards a child or vulnerable adult. Non-action is unacceptable. Receive, Record and Report
4. Maintain the highest standards of propriety exercising their duty of care and responsibility to act in Loco Parentis.
5. Take measure to safeguard themselves against accusations of inappropriate behaviour.
6. provide feedback to the Junior Coordinator, CWO or Club Captain on areas of concern in relation to welfare
7. plan and deliver child centred coaching sessions recognising that the stage and rate of development is not the same for all juniors and allowing child participants to compete at their own current level
8. respect the right to privacy of young athletes and protect their right to health and rest

## **Code of conduct for parents/carers**

The Club expects that as a parent/carer of a junior member you shall:

1. promote the health, safety and wellbeing of children first and foremost
2. ensure that their children are having fun when practising, training and competing in rowing and that winning is not over emphasised
3. not place undue pressure on their children or forcing them to take part and ensure that the ability and performance of their child in sport is not excessively linked to the child's own perceptions of self-worth
4. accept that errors are an important part of learning and not condemn children for making them. Parents and carers should avoid swearing at, yelling at, or chastising children, officials, coaches, or others
5. support the club in its aims to promote individual progress, skill and development before winning in age group competition
6. not allow their children to compete when ill (including colds) or injured. Parents/carers should inform the Junior Coordinator of their absence from training. They must also keep the Junior Coordinator and CWO informed of the individual health issues of the child that may affect their participation, backed up by medical advice where appropriate.
7. ensure a full disclosure of medical conditions that may affect their child's exercising through rowing on the Membership form. Any health concerns must be raised with the child's GP and with the CWO. If a full disclosure of relevant health information is not made the membership will be temporarily withdrawn until such information is provided. This may involve assessment/report from a GP
8. Parents/carers must inform the CWO if a child's medical condition changes or deteriorates. In this case, the Club's policy is that the child must not train at the Club until they have been seen by a GP who must then confirm that they are fit before they resume training
9. be aware of the club Welfare Officer and their role and read the Club Safeguarding and Anti bullying Policies accessible on the website
10. provide their children with equipment to suit the conditions, i.e. clothing suitable for cold/warm weather, a water bottle, and sunscreen
11. receive information from the coach about the schedule of the programme of training and be aware of the rationale behind the activities. Discuss the requirements of the sport in relation to their child at an agreed time and place
12. Provide consent for their child to participate in training and competition.
13. help support club coaches in supervised roles and in fundraising
14. never leave a child at the clubhouse without first checking the training session is taking place. Make arrangements to collect their child promptly at the end of sessions at the agreed time or enable them to travel home safely
15. be encouraging towards their children and all other members and competitors. They should act in a sportsmanlike way when supporting and spectating using encouraging correct and proper language at all times
16. not coach their children at training and competition, unless engaged in designated coaching responsibilities
17. respect officials of the club, event or competition and accept decisions of officials and coaches, without criticism
18. encourage children to follow the rules of events and competitions and to adhere to British Rowing guidelines
19. encourage their child to accept all individuals and not to discriminate on the basis of their ability, gender, race, religion etc.
20. raise any concerns they have about a child or coach, or their behaviour, as soon as possible with the appropriate designated person at the club or event
21. follow club rules of not smoking or consuming alcohol whilst supporting their child
22. not taking pictures of other children in the club environs without parental agreement.

## **Code of Conduct whilst Training**

### **Health and Safety**

1. Equipment must not be moved, altered, modified or used in a manner other than that for which it is intended.
2. Equipment must not be left on the floor of either the gym or the boat bays. Storage racks and areas must be used at all times.
3. Low level trolleys must be pushed back under the racks following the removal of boats, and must not be left in the middle of the floor.
4. The Club's weights equipment must not be used if a member is training alone. Members should ensure that they make others aware when they are training alone at the club in case of emergency.
5. From 1<sup>st</sup> September 2020, all scullers and members rowing in the bow seat must wear high visibility.
6. All safety features associated with any equipment must be in place before use.

### **Respect for Others and Equipment**

1. Users must clean perspiration and any other marks from equipment after use.
2. Tops are to be worn at all times.
3. All boats must be washed inside and out prior to being put back on the racks.
4. If anything is missing on one boat, it is not to be taken from another without permission of the Boats Officer.
5. No dirty footwear to be worn on any mats.
6. Equipment used is to be replaced where it was found, and not moved around.