



## **CODE OF CONDUCT** **FOR ACTIVE AND SUPPORTING MEMBERS AND PARENTS**

By-law of Clifton Rowing Club

The primary role of the Clifton Rowing Club is to promote health and a competitive environment whilst maintaining participation in sport and instilling an appreciation for teamwork, discipline, fitness and self-worth.

This requires us all to be focused on the preparation and competition that comes with being part of the sport and to ensure that personal conduct does not inhibit performance, enjoyment or bring the Club into disrepute at any time.

Therefore as an **ACTIVE MEMBER** and part of the Clifton Rowing Club, it is understood that:

### **ATTENDANCE**

- I must learn and know my training times;
- Inform my coach in advance of missing a training session;
- Arrive and be fully prepared for training at least 5 minutes prior to the given time;
- Learn and know regatta travel times and convey them to my parents/guardian;
- Understand that the failure to consistently attend training not only affects my performance but also the entire crew and my selection into further crews.

### **BEHAVIOUR**

- I will respect and listen to my coach, manager/parent help and the coxswain while at training and regattas;
- My physical appearance and attitude is representative of myself and my crew. I will represent myself, my School and Clifton Rowing Club in a respectful manner;
- The possession or use of illegal drugs and tobacco is strictly prohibited at all times;
- The possession or use alcohol is strictly prohibited during training and the day of regattas. In the evenings, only those athletes over 18 years of age or under parental supervision may consume alcohol;
- I agree to abide by team rules concerning times of restriction such as cell phone use, 'lights out' and other rules of personal conduct when away at regattas and training camps;
- Media within my possession (movies, printed material and music) should reflect well on the Club, my School and myself;
- My behaviour at training and regattas must be conducted with personal and team safety in mind;
- I understand the Club has zero tolerance to bullying, including via social media and digital communication, and I will abide by this rule.

### **EQUIPMENT**

- Clifton Rowing Club equipment including boats, oars, cox boxes, ergs and weights equipment are club property. I agree to treat all Clifton Rowing Club property and equipment with due respect in an effort to avoid damage and wear;
- I agree to abide by the Health, Safety & Environment rules of Clifton Rowing Club;
- I will report damage of club or gym property to my coach or trainer in a timely manner.

### **EFFORT**

- Rowing is a team sport and I am not more important than the team;
- Training is physical and mental preparation for racing. Therefore in order to perform to my best on race day I need to put in my best efforts at training and regattas;
- Crew selections are made by coaching staff in the interests of the whole squad and they may not always be consistent with my own personal interests;



- Objective measures such as erg times and seat racing may be used to select crews however; the Coaches' professional observations of athleticism, attitude and effort will be among their first considerations in selecting crews.

As a **PARENT** of an Active Member of the Clifton Rowing Club, it is understood that:

**I will:**

- encourage my child to play within the rules and respect officials' and coaches' decisions;
- teach my child to respect the efforts of their opponents;
- remember that children learn best by example so I will applaud good performances by both my child's team and their opponents;
- give positive comments that motivate and encourage continued effort;
- support my child's efforts and performance;
- thank the coaches, officials and other volunteers who give their time to conduct the event for my child;
- help when asked by a coach or official;
- accept the decision of the coach/coaching team;
- respect the rights, dignity and worth of all people involved in the sport, regardless of their gender, ability or cultural background.

**I will not:**

- pressure my child in any way – I know that this is their sport not mine;
- arrive at the venue intoxicated;
- smoke or use drugs at club facilities or events ;
- use bad language, nor will I harass coaches, officials or other spectators;
- criticise or ridicule my child's performance after the event.

As a **SUPPORTING MEMBER** of the Clifton Rowing Club, I understand that:

**I will:**

- respect officials' and coaches' decisions;
- respect the efforts of our opponents;
- applaud good performances by both our Club and their opponents;
- give positive comments that motivate and encourage continued effort;
- thank the coaches, officials and other volunteers who give their time to conduct the event;
- help when asked by a coach or official;
- accept the decision of the coach/coaching team;
- respect the rights, dignity and worth of all people involved in the sport, regardless of their gender, ability or cultural background.

**I will not:**

- arrive at the venue intoxicated;
- smoke or use drugs at club facilities or events;
- use bad language, nor will I harass coaches, officials or other spectators;
- criticise or ridicule anyone's performance after the event.



## **PROCESS FOR MISBEHAVIOUR**

- Athlete(s) will be taken aside and addressed by the Coach. The President and Committee will be informed.
- The consequence procedure will be managed by the President and Club Captain. The progression is as follows:
  1. The Club Captain will issue a verbal warning;
  2. Removal from boat/training/racing (in consultation with the Coach);
  3. Committee/Coach/parent meeting to discuss the rowers future involvement in the Club;
  4. The final decision to suspend or expel a member rests with the President and Club Committee under rules within the Club Constitution.
- Serious misconduct, e.g. illegal drug taking, theft, sexual charges or any other criminal offences that could bring the Club (or Athlete's School) into disrepute will result in instant dismissal from the Club.

## **COMPLAINTS PROCESS**

- In the first instance, the affected athlete/parent is to contact either the Coach/Club Captain if the complaint relates to an issue that occurs at the Club, during training or via social media/digital communication, or during a camp or regatta;
- If the matter is not resolved on behalf of the Club then the Coach/Club Captain will refer immediately to the Club President and Committee for further investigation.