



Nottingham & Union Rowing Club

Club Code of Conduct for Junior Rowing

Nottingham and Union Rowing Club is fully committed to providing a safe and enjoyable environment in which its junior members can strive to fulfil their potential in the sport of rowing. To help achieve this, all involved with junior rowing at the club must agree to abide by the following Code of Conduct

Coaches and officials:

- Consider the well-being and safety of participants before the development of performance
- Develop an appropriate working relationship with athletes, other coaches and officials, based on mutual trust, respect and impartiality
- Ensure all activities are appropriate to the age, ability and experience of those taking part
- Promote the positive aspects of the sport (e.g. Fair Play)
- Display consistently high standards of behaviour
- Follow all guidelines laid down by the club and the national governing body
- Hold a current clearance from the Disclosure and Barring service
- Hold any appropriate current qualifications and insurance cover
- Never exert undue pressure on athletes to gain personal benefit or reward
- Remain totally impartial with any group member to which they may be associated (i.e. children / relatives)
- Never condone bad or abusive behaviour, rule violations, bullying or the use of prohibited substances
- Respect and support other volunteers and coaches – any differences of opinion should be discussed and resolved outside the coaching session
- Be totally impartial in matters of crew selection, which should be made on the basis of ability and crew compatibility
- Ensure that any recording of images of crews for coaching purposes is consented in advance



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Junior Members:

- Must listen to and follow the instructions of their coach
- Be aware that Bullying, disruptive or abusive behaviour or use of obscene or offensive language is not acceptable during club activities
- Should keep to agreed timings for training or competitions or have a parent / carer inform their coach if they are going to be late
- Must take very good care of all club equipment
- Must pay all race and membership fees promptly when required
- In competition, all members must adhere to the Rules of Racing and respect officials and their decisions
- All NURC members should support fellow NURC members whilst respecting opponents from other clubs
- Must wear suitable and appropriate kit, including officially sanctioned kit when taking part in competitions
- Junior members are not allowed to consume alcohol, smoke or take banned substances of any kind whilst on club premises or whilst representing the club

Parents:

- Encourage your child to learn the rules and compete within them
- Support the work of the coaches and volunteers
- Not seek to influence crew selection – this is the responsibility of the coaching team only
- Discourage all unfair practices and any arguing with officials
- Help your child recognize good performance, not just results
- Never force your child to take part in sport
- Set a good example by recognizing fair play and applauding the good performances of all
- Never punish or belittle a child for losing or making mistakes
- Publicly accept officials judgments



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- Support your child's involvement and help them to enjoy their sport
- Make sure all fees are paid on time
- Use correct and proper language at all times
- Ensure that the coaches are made aware of any information pertinent to the members for whom they have responsibility
- Support the coaches in ensuring all members demonstrate appropriate behaviour

All members and officials : Communications – use of mobile phones and internet

- The use of mobile phones in the training space is at the discretion of the coach at all times
- The use of cameras is not allowed in the changing space at any time
- Coaches should only use direct communication with individual junior members when appropriate
- Coaches should ensure that organizational notifications such as outing times are copied to all athletes equally whenever possible, with parents also included on the distribution
- Coaches and officials should not engage in internet chat / social networking with individual junior members
- Junior members should not contact a coach directly as the normal way of communication. All communications from junior to coach should be part of a group message whenever possible
- Members, coaches, officials and parents must not make or publish derogatory images or comments

Penalties for Breaking the Code of Conduct

- Minor infringement of the code of conduct will be dealt with by a written warning
- Consistent or serious infringements will lead to the suspension of membership or involvement in club activities pending further action by club officials.