



# Lea Rowing Club

## Junior Membership Form

### We are very pleased to welcome you to Lea Rowing Club.

To ensure that we have the correct contact details for you, please insert the information requested below and return this form to your teacher at school. The form will then be passed to Paul Dixon, Club Welfare Officer at Lea Rowing Club. Please also ask your parents or guardian to sign this form before it is returned. We will also use this information to ensure that you are kept informed about club events.

#### Personal details

Name	_____	Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of Birth	_____	Home Borough	_____
Address	_____ _____	Home telephone	_____
		Mobile number	_____
Postcode	_____	School	_____
Email	_____	School Borough	_____

#### Sporting information

Can you swim 50m in light clothing?  Yes  No

Have you participated in rowing before?  Yes  No

If yes, where have you rowed: (please indicate below)

Primary school  Secondary school

Local authority coaching session (s)  Club  County

Other (please specify): \_\_\_\_\_

#### Medical information (To be completed by parent/carer)

Please detail below any important medical information of which our coaches/junior coordinator should be aware (e.g. epilepsy, asthma, diabetes, allergies etc.).

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#### Emergency contact details (To be completed by parent/carer)

Please insert the information below to indicate the person(s) who should be contacted in case of an incident/accident:

	First emergency contact	Second emergency contact
Name	_____	_____
Relationship (e.g. parent/carer/guardian)	_____	_____
Phone number	_____	_____
Email Address	_____	_____

## Code of conduct

A copy of the Lea Rowing Club Code of Conduct is attached. This is identical to the British Rowing Code of Conduct, and details both your rights, and responsibilities, as members of Lea Rowing Club. Please read this, it has important information that affects your safety as a junior athlete.

## Water safety policy

A copy of the Lea Rowing Club Water Safety Policy is appended to this form. Please make sure that you have read this – it has very important information to keep you safe while rowing.

## Consent

By returning this completed form, I agree to my son/daughter/child in my care\* taking part in the activities of the club.

I understand that in the event of any injury or illness all reasonable steps will be taken to contact me, and to deal with that injury/illness appropriately.

I confirm my son/daughter/child in my care\* has the swimming ability as stated previously.

I confirm that I, and my son/daughter/child in my care\*, have read the Code of Conduct.

\* Please delete as appropriate

Name of parent/carer/guardian

(Block Capitals please)

Signature of parent/carer/guardian

Date

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We may wish to use an image of your child for promotional material. Please check this box if you object to your child's image being used for this purpose. This will only be used to promote the activities of Lea Rowing Club.

## Sports equality monitoring

Whilst it is not compulsory that this section is completed the following paragraph explains why it is important.

Sport can and does play a major role in promoting the inclusion of all groups in society. However, inequalities have traditionally existed within sport, particularly in relation to gender, race and disability. Lea Rowing Club is committed to promoting and developing sports equity, which is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. By monitoring the profile of young people in sports clubs, national governing bodies of sport and Sport England can identify any issues relating to under-representation of different groups and can together develop strategies to ensure that all young people have the opportunity in the future to develop and progress in sport.

### Ethnicity

In order to help the club monitor its membership can you please tick one of the following boxes to identify your ethnic group/origin. Choose one section from A to E and then tick the appropriate box.

#### A White

- British  Irish
- Any other white background (please specify):

#### B Mixed

- White & Black Caribbean  White & Black African  White & Asian
- Any other mixed background (please specify):

#### C Asian or Asian British

- Indian  Pakistani  Bangladeshi
- Any other Asian background (please specify):

#### D Black or Black British

- Caribbean  African
- Any other Black background (please specify):

#### E Chinese or other ethnic group

- Chinese
- Any other (please specify):

### Disability

The Disability Discrimination Act 1995 defines a disabled person as anyone with 'a physical or mental impairment, which has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities'.

Do you consider yourself to have a disability?  Yes  No

If yes, what is the nature of your disability?

- Visual impairment  Hearing impairment
- Physical disability  Learning disability
- Multiple disabilities
- Other (please specify):

Lea Rowing Club is committed to providing access to the sport to all members of the local community on a fair and equitable basis. We recognise that membership subscriptions and race fees can be a significant cost, and that some families may find these difficult to afford. If you would like to discuss your particular circumstances, and ways in which the club could help your child to continue to participate, then please contact the Club Welfare Officer using the contact details below. Any such approach would be dealt with in strict confidence.

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# Lea Rowing Club Safety Policy – Please retain for your information

Lea Rowing Club (**Lea RC**) is committed to ensuring, promoting and improving the safety of all its members and visitors. When on club premises or participating in any club activity Lea RC members are required to comply with:

- **British Rowing Water Safety Code and Rules of Racing;**
- **Lea Rowing Club Safety Policy; and**
- **Jane Blockley’s “Cold Water Survival”.**

In the event that any of the provisions of this document are found to be contradictory to Lea RC Code of Conduct, the Lea RC Code of Conduct shall be considered to be accurate.

## 1. ATHLETES

- 1.1 All Lea RC members are required to have completed a membership form before taking part in any physical activities on the premises of the club.

### *Capsize and Swim Tests*

- 1.2 All athletes using fine boats are required to have provided the Lea RC Captain, Rowing Committee and/or Water Safety Advisor with assurances they can swim 50m in light clothing. All athletes using fine boats must have carried out a capsize drill.

### *Health*

- 1.3 It is essential that all athletes are in good health before they train. Before undertaking physical activities all Lea RC members must have fully completed the par-Q questionnaire section of the Lea RC membership form. It is the responsibility of the athletes to monitor their own health. If, for whatever reason, you as an athlete no longer fulfil the criteria to train (as set out in the Par-Q questionnaire on the membership form) you must not train. If you have a medical condition you must provide the Lea RC Captain, Rowing Committee and/or Water Safety Advisor with a signed letter from your doctor, or other qualified individual, your medical condition is not going to put you at risk when participating in any activities at the club.

## 2. SUPERVISION AND COACHING

### *Qualification and Experience*

- 2.1 Lea RC acknowledges that individuals, when beginning to coach, may not have attained any coaching awards. Lea RC expects that all coaches will work constructively towards attaining, as a minimum, the British Rowing level two coaching qualification (or other such commensurate qualification as may exist from time to time).
- 2.2 Inexperienced coaches should seek advice and accept guidance of more experienced or more highly qualified coaches at all times.

### *Coach to Athlete Ratio*

- 2.3 Before engaging athletes in any kind of coaching every coach should consider whether they are capable of safely managing the number of athletes under their supervision. Coaches should consider:
- (a) the level of competence of the athletes in their coaching group;
  - (b) the age of the athletes in their coaching group; and
  - (c) the type of boat the athletes are to use.
- 2.4 Coaches must be aware that athletes new to the sport require close supervision at all times. Coaches must ensure athletes new to the sport are provided with equipment and supervision commensurate with the level of athlete competency.

### *Boat suitability*

- 2.5 Athletes and coaches must ensure that they have an appropriate level of experience before attempting to use any of the Lea RC equipment.

- 2.6 If the athlete is not experienced in using a certain type of equipment athletes should not use that equipment without the permission of the Lea RC Captain and only in the company of a coach or coxswain.
- 2.7 Single scullers, in particular, must be suitably competent before going on the water unsupervised.

### *Gymnasium*

- 2.8 Athletes may only use the gymnasium once they have been shown how to use the equipment by a suitably experienced coach.
- 2.9 Juniors may only use the gymnasium when a suitably experienced coach is present to supervise them.
- 2.10 Athletes are not permitted to make use of weights equipment if training on their own.
- 2.11 All equipment must be put away after use.

## **3. WATER AND WEATHER CONDITIONS**

- 3.1 Athletes and coaches must take into account that there can be significant variations in water and weather conditions. Before going afloat athletes and coaches must consider the:
- (a) experience of the athletes in the relevant conditions;
  - (b) boat type being used;
  - (c) river height and speed of flow;
  - (d) amount and type of debris in the river; and
  - (e) number and type of other river users.
- 3.2 Athletes and coaches must be aware of the weather conditions and should take them into account when making a decision to go afloat. In particular athletes and coaches should be aware of:
- (a) *Lightning*. This is very dangerous. Athletes should not go afloat if there is a lightning event or a risk of a lightning event occurring. In the event a lightning event occurs when you are on the river you should seek the most immediate, safe method to get off the water. A lightning event is any event where the gap between lightning and thunder clap becomes less than 30 seconds. Once the gap between lightning and thunder has increased back to 30 seconds boats need to wait a further 30 minutes before returning to the water;
  - (b) *Wind*. Athletes and coaches should be aware of the potential impact of winds on the manoeuvrability of boats, especially when turning. Excessively high wind conditions can generate waves, particularly when the wind is against the stream;
  - (c) *Fog/mist*. Athletes and coaches should be aware that fog can significantly reduce visibility. Athletes should not go afloat if visibility prevents the athletes from seeing from the club to the cranes at the level at which they would be sitting in the boat;
  - (d) *Atmospheric Temperature*. High temperatures can lead to hyperthermia, while low temperatures can result in hypothermia. Individuals should dress appropriately for the conditions. Hypothermia is of particular risk to coxswains. Coaches and coxswains should ensure athletes are appropriately attired before going afloat. Athletes should always ensure they have enough fluid with them to reduce the risk of hyperthermia. Athletes should always take more clothing on the water rather than less in order to reduce the risk of hypothermia; and
  - (e) *Water temperature*. In winter this is low. In the event of capsize in winter risk of hypothermia is high. If a capsize in winter occurs athletes should remove themselves from the water as quickly as possible and seek warmth. If possible wet clothing should be removed and replaced with dry clothing. Athletes who have capsized in cold water should be provided with an emergency space blanket as soon as possible following evacuation from the water.
- 3.3 All coaches are to carry throwlines at all times and emergency space blankets if there is risk of capsize and hypothermia. All coaches are to carry a mobile phone and list of emergency service phone numbers.
- 3.4 Athletes, coxswains and coaches must be aware the river is used by a variety of other craft and powered launches. Care must be taken at all times when navigating the river to ensure risk of collision with other craft is eradicated. Athletes and coxswains are required, when in doubt, to stop their craft and allow another, potentially hazardous craft, to pass by/evacuate the relevant section of river.
- 3.5 Athletes and coaches must be aware that safety conditions, hazards and navigation rules may change when rowing at other locations. Athletes, coxswains and coaches are required to fully understand the risks, hazards and navigation rules of any location where they go afloat.

## 4. LIGHT

- 4.1 Rowing in the dark is potentially dangerous. Crews are prohibited from rowing in the dark unless they are accompanied by a coxswain. In addition, crews must have attached to the boat a white light at the bow point of the boat and a white light at the stern point of the boat capable of being seen at a distance of 250m (lights should not be attached to rowers or coxswains).

## 5. EQUIPMENT

### *Safety*

- 5.1 The British Rowing Water Safety Code requires that all boats are fitted with certain safety features. The following must be fitted and in full working order before an athlete(s) goes afloat:
- (a) Heel restraints;
  - (b) Bow ball;
  - (c) Buoyancy tank hatch covers; and
  - (d) Steering mechanisms.

If any of the above are defective the boat must not be used until properly repaired.

### *Boat Integrity*

- 5.2 If a boat is unsafe to be used or would sustain further damage through use it should not be used. Any damage found on a boat, or sustained through use, should be noted on the notice board at the rear of the Viiiis bay and reported to the Captain immediately.

### *Life Jackets*

- 5.3 All coxswains must wear lifejackets. Lifejackets must be used by all occupants of coaching launches. All coxswains must ensure their lifejacket is in good working order before going afloat.

## 6. ACCESS AND EGRESS TO BOATS

- 6.1 Athletes and coxes must be aware that the landing stage is situated adjacent to a public footpath. Care must be taken when taking boats into or out of the boatshed and when manoeuvring boats or other equipment in the vicinity of the club.
- 6.2 Athletes and coxes must be aware that the landing stage is of concrete and wood construction. Particular care should be taken when going afloat and landing on the landing stage. Athletes and coxswains must be aware that the landing stage may be hazardous when slippery.

## 7. EMERGENCY PROCEDURES

### *Rescue Methods*

- 7.1 Lea RC members are encouraged to be familiar with all basic first aid and emergency procedures contained in first aid courses and in the British Rowing Water Safety Code. Coaches should be familiar with methods of rescue from both launch and bank.

### *Rescue Equipment*

- 7.2 Throw lines are located in the Junior Shed and in the main boat bay. All coaches should carry them. Life buoys located along the river but can not be relied upon to be present.

### *First Aid*

- 7.3 First Aid kits are located in the main boathouse, junior shed and office. The contents of these is checked regularly. If you need to use them you should inform the Water Safety Advisor and the Captain. A list of qualified First Aiders is provided next to each First Aid kit.

### *Phones*

- 7.4 Coaches must carry a mobile phone with them at all times. In addition, landlines are located in the boathouse café, bar and Lea RC club office.

## 8. HEALTH

- 8.1 Athletes, coxswains and coaches should be aware that by rowing on the river they are at risk of contracting water borne diseases. All members should be aware of the British Rowing recommendations regarding water borne diseases and should ensure that they follow basic hygiene recommendations after using the river and/or gym.

## 9. NOTES ON NAVIGATING THE LEA CANAL.

### *Right of Way*

- 9.1 Crews travelling upstream have the right of way.

### *Turning*

- 9.2 With the exception of the footbridge immediately below the club and at Lathams crews should not spin within 50m of bridges or bends. There should be no overtaking or spinning between the footbridge adjacent to Lea RC and the Canoe Club and between Lathams and The Curtains.

### *The River*

- 9.3 The River Lea is lock-controlled and non-tidal. As a consequence the height of the river does not vary much and the flow is always down stream. Downstream is, when standing in front of the boathouse facing the river, to the right.
- 9.4 The rule of the river is to travel on the right. The stretch normally available for rowing is from Tottenham Lock (upstream of the boathouse) to Old Ford Lock (downstream of the boathouse).

### *Tottenham Lock to Old Ford Lock*

- 9.5 Starting at Tottenham lock you should be aware that other river users make use of the lock. Crews should be careful not to get too close to the lock. The stretch of the river between Tottenham lock and 'The Gate' is much used by anglers.
- 9.6 The Gate is a turn to the right located downstream from Tottenham Lock. Crews should be aware that the turn is unsighted and crews may be coming in the opposite direction. When approaching The Gate from upstream the river may be seen to fork. Crews should take the left fork to Tottenham lock. The right fork is a dead end and shallows very quickly.
- 9.7 After The Gate the first obstacle downstream is a railway bridge which is narrow on the left. Crews coming upstream should be vigilant for crews travelling downstream. Crews travelling upstream should not let their bowside blades pass close to the wall of the bridge as there are some semi-submerged obstacles.
- 9.8 Downstream of the railway bridge there is a long turn to the left, known as the 'Novice Bend'. Crews should take care to stay on their proper sides of the river to avoid collisions. When steering the Novice Bend in a downstream direction careful note should be taken that the bank requires more than a 90 degree turn to be made as it protrudes slightly at the exit to the turn.
- 9.9 Downstream of the Novice Bend there is a 1km straight. The boathouse sits at the end of the 'Club Straight' The Club Straight is used heavily by beginners and juniors. Due care should be taken when manoeuvring around inexperienced crews. The landing stage is in front of the boathouse at the end of the Club Straight. Crews should be aware that there may be other crews either boating or landing from the landing stage. Care should be taken to give boating or landing crews enough space.
- 9.10 Immediately downstream of the club there is a footbridge, turn to the left and marina. Crews should be aware that river boats are often moored on the left hand bank at the marina fuelling station. Immediately after the turn to the left and on the left hand bank is the exit/entrance to the marina. Crews should be aware of river boats entering/exiting the marina. River boats frequently move into and out of this section of river. Crews should be aware that hazards on this section of the river will frequently change.
- 9.11 Immediately after the marina is a second footbridge and a left/right S-bend. Located on the right hand bank of the right hand turn is a canoe club. The towpath moves away from the riverbank at this point so coaches will be unsighted and unable to provide warning of crews travelling in the opposite direction. Crews should be aware that there is sometimes tree foliage growing out over the river on the right hand bank. Vigilance is required for canoeists going afloat; especially on weekends. Crews should always travel through the S-Bend at light pressure and give extra care to ensure they maintain a correct steering line.

- 9.12 After the S-Bend is a short straight followed by a small turn to the left, another straight, a railway bridge and a slight turn to the right. Due to the bends being slightly unsighted crews should not turn on any of these stretches of river and should not row at firm pressure.
- 9.13 After the slight turn to the right there is a straight leading to 'Lathams'. Lathams is a turning point and crews may turn here in order to travel upstream back to the boathouse. Crews should be aware of other crews turning here. Canoeists often use the Lathams bend so vigilance is required.
- 9.14 After Lathams there is a turn to the right followed by a sharp turn to the left in excess of 90 degrees and a sharp turn to the right under Lea Bridge Road. The river narrows. All crews should take this section of the river at light pressure and maintain extra vigilance. Crews should take extra care to ensure they maintain the correct steering line. Coxswains will likely find they need to request the crew pull-on on one side of the boat and lighten-off on the other in addition to the use of the rudder in order to navigate these bends and maintain correct river position.
- 9.15 Fifty yards downstream are some former sluice gates known as 'The Curtains'. A sweep oared boat cannot row through The Curtains. Sweep oar crews need to line themselves up with the centre of the arch, easy oar, pull the blades inboard and drift through The Curtains. Crews travelling in a downstream direction should use the right hand arch of The Curtains and crews travelling in an upstream direction should use the left hand arch.
- 9.16 Downstream of The Curtains there are a series of slight turns and straights. There is a turn to the right (the start of the '2k course') a turn to the left and then a turn to the right (the 'bottom of the straight') These can be navigated at pressure but care must be taken by crews to be vigilant for those travelling in the opposite direction.
- 9.17 Downstream of the bottom of the straight there is a 1500m stretch of river. This stretch has two bridges which narrow the river on the right hand side. Care must be taken to avoid the bridges.
- 9.18 At the end of the straight is the end of the '2k course' and a slight turn to the right. Located just after the turn to the right is Eton Mission boathouse and landing stage. Care must be taken to ensure that there are no boats pushing off or landing at Eton Mission.
- 9.19 Shortly downstream from Eton Mission is a narrow footbridge which sits on a slight turn to the left. Care must be taken when steering through the bridge to ensure that a correct line is taken and oncoming crews are avoided.
- 9.20 After the footbridge the river widens out and on the right hand side is a spur of the river known as 'the T-junction'. Care must be taken as river boats sometimes turn into and out of the T-junction. Crews should not take the right hand turn down the T-junction. If coxswains are steering an VIII it may be sensible to turn the boat at the T-junction.
- 9.21 After the T-Junction there is a slight turn to the right and an straight leading to Old Ford. This is the end of the river. Crews should be careful not to get too close to the lock as river boats often make use of it.
- 9.22 If crews are navigating to Old Ford together a basic navigation pattern should be observed when turning at Old Ford. Crews should approach the end of the river towards Old Ford at low pressure on the right hand bank and easy oars. Crews should spin as close to Old Ford as safety will allow. Crews should then proceed up the left hand bank away from Old Ford. Crews following behind should proceed in a like manner one after the other. Following crews should not turn downstream of a crew turning at Old Ford.

### *Boating/Landing*

- 9.23 Crews going afloat must boat and move away from the landing stage in a downstream direction. Crews should boat as far downstream on the landing stage as possible so as to allow other crews to boat behind them and crews to land. Crews should be vigilant when pushing away from the bank to make sure that they are not pushing off into the path of crews travelling either upstream or downstream.
- 9.24 Crews must always land their boat facing downstream. Crews downstream of the landing stage are required to proceed upstream of the landing stage in the usual manner on the right hand side of the river. Crews wanting to land should turn their boat upstream of the 100m mark onto the correct side of the river for a crew travelling downstream. Crews may then proceed to land on the landing stage.



# British Rowing Code of Conduct

These British Rowing Codes of Conduct (B.R. guidance document WG 1.4) have been approved and adopted for use by Lea Rowing Club. They apply to all those participating in rowing, or any other activity organised or sponsored by Lea Rowing Club.

Lea RC Rowing Committee, 8<sup>th</sup> May 2013

# British Rowing Code of Conduct

These British Rowing Codes of Conduct are applicable to all those participating in rowing or working within a British Rowing club or affiliated organisation.

Any repeated breach of these codes of conduct will be investigated under the appropriate disciplinary or complaints procedure. Reports or complaints should be made in the first instance to the Club Welfare Officer of a club officer. Complaints and concerns relating to safeguarding or protection of vulnerable groups may also be sent direct to the Child Protection Officer at British Rowing. In this instance the Case Management Group will decide the level of investigation.

Including

1. Rights of individuals
2. Code of conduct for participants and competitors
3. Code of conduct for parents/carers involved in rowing
4. Code of conduct for rowing coaches
5. Code of conduct for coaches of juniors (additional)

## 1. Rights of individuals

All participants in rowing, including children, participants and competitors, coxes, coaches, umpires, marshals and spectators have the right:

- to enjoy safe participation in rowing
- to be treated as individuals at all times
- to express their views
- to be listened to and believed
- to determine their own goals and participation in sport
- to seek support to help them develop
- to receive support for their individual needs
- to balance rowing and other aspects of their life to sustain enjoyable participation in the sport
- to be treated with respect
- to enjoy an environment free of discrimination on the grounds of gender, race, colour, disability, sexuality, age, marital status, occupation or political opinion
- to participate free from the threat of abuse
- not to be subject to humiliation, shame or insult
- not to have to endure abuse, including verbal abuse, bullying, neglect or physical abuse
- to enjoy an environment free of sexual harassment and sexual abuse
- not to be exploited
- not to be pressurised to train or compete
- to adequate rest and recovery
- not to train or compete when ill or injured
- to be treated in accordance with British Rowing guidelines
- to receive quality coaching and instruction from appropriately qualified individuals.

## 2. Code of conduct for participants and competitors

At all times, when practicing, training or competing at clubs, competitions and events, participants and competitors should:

- follow the rules and procedures of their club
- adhere to British Rowing rules and guidelines
- act in accordance with the rules of the competition or event
  - Study in advance, understand, and follow the rules, regulations and guidelines of the competition/event with regards to safety, emergency procedures, boating, marshalling, and cancellation.
  - Follow the directions of marshals, umpires and officials of the club/competition/event.
  - Accept the decisions of officials of the event.
  - Not take banned substances.
- act in a sportsmanlike way during training and competition
- treat other competitors, coaches, other water users and officials of clubs, competitions and events with respect
  - Avoid swearing at or shouting at others.
  - Not threaten others nor engage in acts of verbal or physical abuse or other types of abuse.
- 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
- avoid inappropriate relationships with their coach
- keep to agreed timings, or inform the relevant person if they are going to be late.

## 3. Code of conduct for parents/carers involved in rowing

**Parents/carers should recognise the rights of their children.**

Parents/carers should:

- ensure that their children have fun when practicing, training and competing in rowing
- promote the health, safety and well being of children first and foremost
- not over emphasise winning
- listen to, respect and take into account children's views about participation, and recognize their right to determine their participation
- encourage their children to participate for their own intrinsic enjoyment, not for the enjoyment or ambition of their parents
- encourage their children to take responsibility for their own actions, performance and behaviour
- not force children to participate in the sport
- not allow their children to compete when ill or injured.

**Parents/carers should encourage long term participation in rowing.**

Parents/carers should work with the club and/or coach to:

- ensure that the level and type of participation is appropriate to their child's stage of development
- encourage children to play and experience a broad variety of sports, particularly younger children
- promote individual progress, skill and development before winning in age group competition, to help promote long term participation of children in the sport

- avoid placing undue pressure on their children
- ensure that the ability and performance of their child in sport is not excessively linked with their own perceptions of self worth.

### **Parents/carers should support their child's involvement in training, events and competitions.**

Parents/carers should:

- not force their child to take part in the sport
- encourage their child's effort
- be willing to become a member of the club
- be aware of club codes of conduct
- be aware of the club's Welfare Officer
- be aware of the club, competition or event's policies and procedures to ensure the safety of children and others
- provide consent for their child to participate in training, competition and events
- ask about the club's policy for recruiting coaches and officials working with children and vulnerable adults
- inform the coach of individual needs of the child that may affect their participation, including medical conditions or illness
- discuss the requirements of the sport and the nature and duration of the coaching relationship with coaches, at an agreed time and place.
- provide their children with equipment to suit the conditions, i.e. clothing suitable for cold/warm weather, a water bottle, and sunscreen.
- receive information from the coach about the schedule of the programme of training and the rationale behind the activities
- assist clubs to care for their children, and not to treat the club as a child minding service
- make arrangements to collect their child promptly at the end of sessions at the agreed time.

### **Parents/carers should be a good role model at clubs competitions and events**

Parents/carers should:

- encourage their child to accept all individuals and not to discriminate on the basis of their ability, gender, race, religion etc.
- act in a sportsmanlike way when supporting and spectating
- use correct and proper language at all times
- be encouraging towards their children and others
- accept that errors are an important part of learning and not condemn children for making them
- respect officials of the club, event or competition and other participants, supporters and parents
- act with respect for the decisions of officials and coaches, and without criticism
- avoid swearing at, yelling at, or chastising children, officials, coaches, or others
- 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
- encourage children to follow the rules of events and competitions and to adhere to British Rowing guidelines
- not coach their children at training and competition, unless engaged in recognised coaching responsibilities
- avoid smoking or consuming alcohol whilst supporting.

## 4. Code of conduct for rowing coaches

### Coaches have a responsibility of care

Coaches should:

- take action to report concerns they may have about behaviour towards a child or vulnerable adult, following British Rowing guidelines. Non-action is unacceptable.
- receive, record and report allegations of abuse according to British Rowing guidelines
- hold valid qualifications
- hold appropriate insurance.

### Coaches should ensure safe practice at all times

Coaches should:

- follow British Rowing water safety guidance
- coaches should ensure that the environment is as safe as possible by assessing and managing risk to an appropriate level
- promote the execution of safe and correct practice.

### Coaches should look to continually develop their practices

Coaches should:

- accept that improvements in their coaching can always be made
- gain qualifications at a level appropriate to their coaching context
- follow a programme of continuous professional development
- engage in self-analysis and reflective practice to identify areas for personal improvement
- practice in an open and transparent fashion that encourages other coaches to contribute to or learn from their knowledge and experience
- contribute to the development of coaching by sharing knowledge and ideas with others
- contribute to initiatives to promote the standards and quality of coaching and coaches
- learn about issues in the sport that might affect coaches or participants
- learn about the role of rowing in current local, regional and national initiatives.

### Coaches should make a commitment to providing quality coaching service to participants.

Coaches should:

- plan and prepare for all sessions so that they meet the needs of participants and are appropriate and progressive
- maintain appropriate records with regard to participants
- Support talent.

### Coaches should follow British Rowing guidelines on coaching and safeguarding children and vulnerable adults.

Coaches should:

- ensure that any physical contact is appropriate and necessary and is carried out within recommended guidelines, and with the participant's full consent and approval
- avoid any form of sexually related contact, innuendo, flirting or inappropriate gestures when coaching, particularly with under-age participants

- avoid sexual intimacy with participants either whilst coaching them, and also in the period of time immediately following the end of the coaching relationship
- arrange to transfer a participant to another coach if it is clear that an intimate relationship is developing.

### **Coaches should coach in a participant focused way**

Coaches should:

- promote the welfare and best interests of participants
- assess each individual's needs, and support individuals to determine their goals
- recognise and accept when it is in the participant's interest, to refer a participant to another appropriate coach or specialist
- assist the participant to access other appropriate services that could aid their development
- recognise the rights of participants to confer with other coaches and experts
- communicate and co-operate with other organisations and individuals in the best interests of the participants
- obtain the agreement of coaches and participants when taking over some or all coaching responsibility
- be aware of and communicate any conflict of responsibility as soon as it becomes apparent
- be aware of the physical needs of participants, especially those still growing and ensure that training loads and intensities are appropriate
- maintain the same level of interest when the athlete is sick or injured.

### **Coaches should coach in a professional manner**

Coaches should:

- be transparent and accountable in their coaching practices
- be professional and accept responsibility for their actions
- clarify from the beginning of the coaching relationship what is expected of the participants and also what they can expect from the coach
- allow athletes access to an appropriate complaints mechanism
- respect the individual's right to transfer between clubs, coaches or other sports
- only assume roles for which they are qualified and prepared
- not misrepresent their level of qualification or experience
- seek out a balance between coaching and lifestyle commitments to maintain an effective and enjoyable coaching career.

### **Coaches should ensure that rowing is a positive recreational activity**

Coaches should:

- create an environment free of fear and harassment
- help to maintain enjoyment of rowing
- promote the concept of a balanced lifestyle, supporting the well-being of the athlete both in and out of the sport
- aid participants' motivation
- avoid placing undue pressure on children
- ensure that the ability and performance of the child in sport is not excessively linked with their own perceptions of self worth.

**Coaches should promote rowing and health.**

Coaches should:

- actively promote the benefits of participation in rowing
- promote drug-free sport
- educate participants on the British Rowing policy on the use of performance enhancing drugs and supplements
- should promote health
- avoid smoking, drinking or drug use before or whilst coaching, as this portrays a negative image and could affect the safety of participants in rowing.

**Coaches should encourage personal empowerment.**

Coaches should:

- recognise the rights of all participants to be treated as individuals
- allow participants to express their own views and make their own decisions
- canvass and respect participants' reasons for rowing, even if they consider fun and participating more important than winning
- ensure that participants are fully informed of the requirements of the sport and the coaching programme
- respect participants' opinions when making decisions about their participation in the sport
- encourage participants to take responsibility for their own development and actions
- involve participants as part of the decision making process.

**Coaches should communicate appropriately.**

Coaches should:

- follow the guidelines in the British Rowing Safeguarding and Protecting Children Booklet regarding communication with parents and young people
- communicate with and provide feedback to participants in a manner which reflects respect and care
- avoid criticising, or engaging in demeaning descriptions of others
- be discreet in any conversations about participants, coaches or other individuals
- discuss and agree with participants what information is confidential.

**Coaches should establish expectations.**

Coaches should:

- clarify the nature of the coaching services being provided for participants
- inform participants and parents of juniors of the requirements of the sport
- discuss with parents and other relevant parties the potential impact of the coaching programme on junior participants
- inform athletes or their parents of any potential costs in accessing their coaching services.

**Coaches should be positive role models.**

Coaches should:

- model, and promote adherence to, the codes of conduct
- display high standards in the use of language, manners, punctuality, preparation and presentation
- operate within the rules and spirit of rowing
- promote the positive aspects of the sport
- challenge and not condone discrimination on the grounds of gender, race, colour, disability, sexuality, age, religion, political opinion, occupation or marital status in the coaching environment
- treat all individuals in the sport with respect at all times, and be fair, honest and considerate
- display control, respect, dignity and professionalism to all involved in rowing
- encourage mutual respect between participants in the sport
- promote tolerance
- act equitably in their coaching and combat discrimination on the basis of gender, age, race, colour, sexual orientation, political opinion etc
- act in a non-violent way
- address any bullying between participants.

**Coaches should be models of sportsmanlike behaviour.**

Coaches should:

- act with respect for the opposition
- condemn cheating.

**4b. Code of conduct for coaches of juniors (additional)**

Coaches of juniors **must** be familiar with and follow the *British Rowing Safeguarding & Protecting Children Policy* and Guidance documents.

**Coaches of juniors should coach in a child-centred way.**

Coaches should:

- recognise that children have rights
- ensure that activities are appropriate for children
- consider the child's rights and needs before considering the champion
- work in partnership with the child's parents to ensure the child's needs are met
- keep holistic development as the core objective of participation in rowing
- respect the child's interests in activities other than in sports
- not force their aspirations and ambition on children
- respect the right to privacy of young athletes.

**Coaches of juniors should emphasise quality of training over quantity.**

Coaches should:

- ensure that the level and type of participation is appropriate to their child's stage of development

- encourage children to play and experience a broad variety of sports, particularly younger children
- promote individual progress, skill and development before winning in age group competition to help promote long term participation of children in the sport
- encourage the development of good technique before performances
- recognise that the stage and rate of development is not the same for all juniors and allow child participants to compete at their own current level
- emphasise the role that maturation has to play in age group competition
- consider whether it is appropriate to juniors' developmental stage for them to be engaged in intensive training
- ensure that children are not forced to train to excess
- protect the right to health and rest
- coach juniors according to the how much and how often junior guidelines.