

# Hull Kingston Rowing Club

## Code of Conduct

The aim of this code of conduct is to provide a framework for individuals, parents and coaches at Hull Kingston Rowing Club to maintain a satisfactory environment for training and competing, according to guidelines of British Rowing. All clauses are taken from the British Rowing code of conduct. As an affiliated organisation, the full British Rowing codes of conduct can be found at <http://www.britishrowing.org/about-us/welfare/guidance-documents>.

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. Complaints and concerns relating to safeguarding or protection of vulnerable groups may also be sent direct to the Child Protection Officer at British Rowing.

### 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 receive support for their individual needs
- to enjoy an environment free of discrimination on the grounds of gender, race, colour, disability, sexuality, age, marital status, occupation or political opinion
- 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
- follow the directions of marshals, umpires and officials of the club/competition/event
- not take banned substances
- act in a sportsmanlike way during training and competition
- not threaten others nor engage in acts of verbal or physical abuse or other types of abuse
- 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. They should:

- promote the health, safety and well being of children first and foremost
- encourage their children to take responsibility for their own actions, performance and behaviour

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

- 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
- inform the coach of individual needs of the child that may affect their participation, including medical conditions or illness
- provide their children with equipment to suit the conditions, i.e. clothing suitable for cold/warm weather, a water bottle, and sunscreen.
- make arrangements to collect their child promptly at the end of sessions at the agreed time.
- raise any concerns they have about a child or coach, or their behaviour, as soon as possible with the club welfare officer

#### 4. Code of conduct for rowing coaches

Coaches have a responsibility of care. They 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
- be aware of, complete appropriate training and advocate anti-doping in sport

Coaches should ensure safe practice at all times. They 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 make a commitment to providing quality coaching service to participants. They should:

- plan and prepare for all sessions so that they meet the needs of participants and are appropriate and progressive
- support talent
- be aware of the physical needs of participants, especially those still growing and ensure that training loads and intensities are appropriate

Coaches should follow British Rowing guidelines on coaching and safeguarding children and vulnerable adults. They 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 communicate appropriately. They 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

Coaches should be positive role models. They should:

- model, and promote adherence to, the codes of conduct
- operate within the rules and spirit of rowing
- 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