



## Code of Conduct

· The following code of conduct should be adhered to by all members representing Wicklow Rowing club .

· As a responsible member representing Wicklow Rowing club , you will:

o · Respect the rights, dignity and worth of every Member, coach, technical official and others involved in the sport and treat everyone equally. · Uphold the same values of sportsmanship off the field as you do when engaged in rowing.

o · Cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sports scientists and representatives of the governing body in the best interests of yourself and other athletes.

o · Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances

o · Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time. · Adhere to the Wicklow Rowing Club social media policy

o · Inform your coach of any other coaching that you are seeking or receiving.

o · Always thank the coaches and officials who enable you to participate in rowing.

As a responsible member, when participating in or attending any Rowing Ireland/ Wicklow rowing club activities, including training/coaching sessions and competition events you will:

o · Act with dignity and display courtesy and good manners towards others. · Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse. · Challenge inappropriate behaviour and language by others. · Never engage in any inappropriate or illegal behaviour.

o · Avoid destructive behaviour and leave rowing venues as you find them. · Not carry or consume alcohol to excess and/or illegal substances. · Avoid carrying any

items that could be dangerous to yourself or others excluding rowing equipment used in the course of your rowing activity.

In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in rowing:

- o · Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- o · Do not respond if someone seeks private information unrelated to rowing, such as personal information, home life information.
- o · Strictly maintain boundaries between friendship and intimacy with a coach or technical official.
- o · Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer.
- o · Use safe transport or travel arrangements.
- o · Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- o · Report any suspected misconduct by coaches or other people involved in rowing to the club welfare officer as soon as possible.

