

Junior Squad Codes of Conduct – Worcester Rowing Club

WRC is fully committed to safeguarding and promoting the wellbeing of all its members. The Club believes that it is important for junior members, coaches, administrators and parents associated with the club, at all times to:

- Show respect to all members, including visitors and other river users
- Be encouraged to be open and honest whilst encouraging others to do likewise
- Share any concerns or complaints you may have about any aspect of the Club with your coaches or the Welfare Officer, the Junior Captain or Club Captain (names are listed on the Club's Notice boards)

Furthermore, as a member of the WRC Junior Squad you are expected to abide by the following Junior Squad Codes:

1. Row/Scull within the rules and respect decisions made by coaches, club and other officials
2. Respect your opponents and your fellow squad members
3. Never swear or use inappropriate language or gestures to others
4. Keep to agreed timings for coaching sessions and for competition and inform your coach if you are going to be late or cannot attend
5. Wear suitable clothing for training and racing as stipulated in the club rules
6. Pay fees for membership, training or events promptly
7. Show respect for club equipment at all times and report any damage promptly to a coach
8. Refrain from smoking, consuming alcohol or drugs of any kind on club premises or whilst representing the club at competition or any other function
9. Be helpful at all times and always give assistance when asked
10. Avoid leaving squad training sessions without first informing your coach
11. Refrain from running or playing in any of the club's buildings, car parks or boating areas and from throwing objects into the river
12. Refrain from using weights or ergos without the supervision of club coaches
13. Use only boats/blades and ancillary equipment as specified from time to time by the Captain for use by the juniors and allocated by your coach
14. Avoid taking part in dangerous activities or actions likely to endanger oneself or others
15. Always uphold the interests of your junior squad and the club
16. Act as an ambassador for your club and always be helpful and welcoming to visitors, especially to beginners and those less experienced
17. Avoid any verbal or physical activity that could be construed by others as abusive or intimidating
18. Refrain from using fellow club member's contact details for any purpose other than a club activity

Anti Bullying Policy

We firmly believe all junior members have equal rights to enjoy the sport of rowing without encumbrance of any kind from fellow juniors. This includes the avoidance of unnecessary criticism; name calling, physical or verbal abuse or banter which could be taken by the recipient as negative, hurtful or de-motivating. Juniors who feel they are on the receiving end of such should report the matter to the Junior Coordinator who will investigate and if necessary refer the matter to the Club Welfare Officer.

WRC/PP/18.05.09



WORCESTER ROWING CLUB
Established 1874

