

SHANDON BOAT CLUB

CODE OF BEHAVIOUR

1 Introduction

This document outlines a mandatory Code of Behaviour to be followed by all members of Shandon Boat Club. It is expected that all members of Shandon Boat Club take pride in their membership of the Club and will behave accordingly at all times in relation to the Club, its facilities, equipment, activities, rules, officers, members and volunteers.

2 Values

Shandon Boat Club expects its members to display behaviour based on the following values:

Safety *Shandon members will at all times act in a manner conducive to ensuring the safety of themselves and their team mates both on and off the water.*

Respect *Shandon members will treat all club personnel, volunteers and supporters with respect and courtesy. The authority of Shandon coaches and club officers and of competition officers and coaches of other clubs will be recognised and respected.*

Club equipment and facilities will be looked after with due care and respect and club rules and notices obeyed at all times.

Teamwork *While personal rowing ambitions are recognised and encouraged, Shandon members will put the interests and targets of Shandon Boat Club and their teammates (as set from time to time by the club committee and coaches) before their individual rowing ambitions.*

Enjoyment *Shandon members will strive to contribute to an environment where all members have the opportunity to get maximum enjoyment from their participation in Shandon Boat Club*

Achievement *Shandon members participating in competitive rowing will strive at all times to perform to the best of their ability and will be supported to the fullest extent possible by the Club to achieve both the targets and ambition of Shandon Boat Club and their own individual rowing ambitions.*

3 Code of Behaviour

The code of behaviour expected of all Shandon members is based on the underlying value of **Respect** and the Club expects the following behaviour to be exhibited by all club members:

- **Respect** for Rules
 - All members will respect and uphold the rules and regulations of the Club and, where relevant, Rowing Ireland.
- **Respect** for Club Volunteers
 - All club volunteers must be treated with courtesy and respect. This includes coaches, Club officers, committee members, kitchen and grounds staff.
- **Respect** for the authority of Club Coaches and Competition Officials
 - Subject to the approval of the Club Captain, coaches' decisions on all rowing matters – including training, coaching, crews, boat allocation, competition programmes and participation – must be respected as final.
 - Regatta officials must be treated with due respect at all times
 - Parents of junior rowers are expected to show, and encourage among their children, respect for the values, coaches and volunteers of the club.
- **Respect** for Rowing Members
 - Coaches (and other club officials) will treat all members, especially those rowing under their direction, with honesty, understanding of differences in ability, lack of bias and fairness.
- **Respect** for Club Equipment
 - Rowing equipment must be treated with care and respect by all members.
 - All members will practice safe handling and storage of equipment as instructed by their coaches
 - After every use all equipment must be put in their designated storage areas.
 - Damage to equipment to be reported immediately to the coach/Captain
- **Respect** for Gym Facilities
 - Gym equipment to be returned to its proper place after each session
 - Gym room not to be used as a social meeting place
 - No eating in the gym or erg room
 - Machines to be wiped down after each use
- **Respect** for Club Facility and Grounds
 - All kit to be brought home after each session and not left in changing rooms
 - Rubbish bins to be used and no litter to be left on club property.
 - All areas of the clubhouse (including the kitchen) to be left clean after use
 - No bicycles to be parked in the clubhouse or boathouse
 - No eating anywhere in the clubhouse except in the kitchen. (PBC excluded for their changing room only)

- **Respect** for other Members and Teammates
 - Members will not engage in, or support, disloyal comments, gossip, social media abuse or negative behaviour regarding other club members.
 - Underage smoking, drinking alcohol or use of any drugs not medically approved is strictly forbidden on club property
 - Members may not enter opposite sex changing rooms unless they have an **official** club reason to do so and have clearly announced that reason and clarified that it is acceptable to those using the changing rooms to enter.
 - Full one pieces or equivalent to be worn at all times in gym, on ergs and in the water
 - No 'horse play' allowed on Club grounds
 - Punctuality for all club events is expected from all members