



Offaly Rowing Club updated 1.10.23

Code of Conduct & Good Practice for Junior Members

This document is based on Rowing Ireland's Code of Conduct & Good Practice for Children and Young Adults

Rowing for Young People

Offaly Rowing Club is fully committed to Safeguarding and promoting the wellbeing of all its members. It believes that it is important that members, coaches, officials and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be always open and to share any concerns or complaints that they have about any aspect of the sport with their parents, or the person within the club you are comfortable with (ideally the club Designated Liaison Person but this could be your own coach). Membership of the club is dependent on compliance with the rules and code of conduct. Payment of fees does not automatically entitle anyone to membership.

Members should not attend rowing unless they are fit and able to do so.

Offaly Rowing Club offers a positive experience to young people where they can learn new things in a safe and positive environment. As a rower within Offaly Rowing Club, you are expected to abide by the following code of practice:

Young People are expected to:

Be respectful to each other, their coaches and other members.

To follow their designated coaches' instructions in all matters.

To follow all club rules policies and to represent ORC in a proper and appropriate manner at all times when involved in all rowing activities.

- Be loyal and give their friends a second and third chance(s)
- Be friendly and welcome new members
- Be supportive and committed to other team members
- Not get involved in inappropriate peer pressure and push others into something they do not want to do
- Behave and listen to all instructions from the designated coach. Be respectful of the coaches who are volunteers. Stay within the rules and respect all coaches /umpires and their decisions.
- Take care of equipment owned by the club or any other club.
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background or religious beliefs or sexual identity
- Refrain from the use of bad language or racial references. This includes bullying behaviour using technologies like chat rooms or texting.



- Use technology in a safe manner – for example use of phone cameras in changing facilities is forbidden
- Refrain from bullying behaviour or persistent use of rough and dangerous play.
- Wear/bring suitable kit- to include appropriate clothing, footwear, and a full change of clothing and towel- for training and events, as agreed with the coach.
- Junior members must obtain written approval from the Club Captain when wearing club colours to events that the club has not entered.

Use of ORC logo/ emblem/ crest etc can only be used with the formal written consent of ORC committee.

- Pay any fees for training and events prior to events, including the transportation of boats.
- Show respect to other young rowers and show team spirit
- Keep yourselves safe
- Report inappropriate behaviour or risky situations for young rowers.
- Play fairly and be trustworthy
- Show loyalty and be gracious in defeat
- Challenge or report any bullying behaviour being directed at any of your peers.
- Respect opponents
- Not cheat or be violent/aggressive
- Not use violence
- Make your club a fun place to be.
- Young people are not allowed to smoke on rowing premises or while representing the Club
- Young people are not allowed to consume alcohol or drugs of any kind on rowing premises or while representing the Club.

Young People have the right to:

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| ▪ Be safe and happy in their chosen activity | ▪ Be protected from abuse or harm by others in rowing or outside sources |
| ▪ Be listened to | ▪ Experience competition and the desire to win |
| ▪ Be respected and treated fairly | ▪ Be believed |
| ▪ Privacy | ▪ Participate on an equal basis, appropriate to ability |
| ▪ Enjoy rowing in a protective environment | |
| ▪ Ask for help | |

Any misdemeanours or general misbehaviour will be addressed by the immediate coach and reported verbally to the Club Child Welfare Officer or the club secretary, and logged. Persistent misbehaviour may result in dismissal from the Club. Parents/Guardians will be informed at all stages. Dismissals may be appealed with final decisions taken by the Club Directors.



By signing below, you are committing to and agreeing / complying with the above. Any breach in this Code of Conduct will be dealt with appropriately and in accordance with the Offaly Rowing Clubs Complaints and Disciplinary process.

These rules and policies are subject to revision. Any revisions to club policies / rules / procedures will be displayed on the club noticeboard. It is the responsibility of the members to make themselves aware of the changes.

Signature of Young Person: _____

Printed name of young person: _____

Signature of Parent/Guardian: _____

Printed name of Parent/Guardian: _____

Date: _____