



# CODE OF CONDUCT

London Otters Rowing Club (“LORC” or the “club”) is affiliated to the national governing body for rowing, British Rowing, and is managed in accordance with the British Rowing Regulations. The Regulations, together with other British Rowing documents referred to in this document, are, available at [www.britishrowing.org](http://www.britishrowing.org).

LORC aspires to uphold the three key values of British Rowing:

**Teamwork:** Working together to achieve a common set of goals with the highest standards of trust and integrity

**Open to all:** Rowing is an accessible and inclusive sport that provides opportunities for enjoyment at all levels

**Commitment:** Everyone will always give their best and strive for continuous improvement

LORC expects its members to adhere to these values and to minimum standards of behaviour, which are set out in this code of conduct and have been developed in line with British Rowing guidance in order to allow club members to be treated as individuals and enjoy safe participation in rowing. Members are expected at all times to maintain responsible and sportsmanlike standards of conduct and to act in the best interests of the club, during training, when away at competitions and when participating in any event affiliated with the club.

Breaches of this code of conduct will be dealt with in accordance with the British Rowing Disciplinary and Grievance Regulations.

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## **GENERAL RULES**

As a member of LORC you are expected to conduct yourself in a manner that reflects well on the club at all times.

You should contribute positively to the club by being supportive and friendly to club members and other dock users by operating within the framework of the dock rules and policies.

You must take responsibility for ensuring that you are up to date with and adhere to the club policies, rules and safety notices.

You must respect the rights, dignity and worth of every other club member and not discriminate on the grounds of age, sexuality, gender, race, colour, disability or cultural background.

You should report to the club chair, club captain, club safety officer or any other committee member any behaviour by another club member that you think is inappropriate or causes risk or distress to you or another club member.

You should report all health and safety concerns to the club safety officer in accordance with procedures by British Rowing.

You must refrain from using abusive language, acts of violence, intimidation and physical and sexual abuse towards an individual or group, regardless of whether they are a club member. The club has a zero-tolerance of bullying in any form.

You should volunteer for tasks at the club, at club events and help to keep the club facilities and equipment in a good state of repair. Even though a task may be voluntary, you should make every effort to be on time for it and notify anyone overseeing the activity if you will be late or unable to attend.

You should be a positive role model for others in the club, the sport and wherever LORC is present.

You must pay membership fees and race fees promptly.

You must comply with the British Rowing Anti-Doping rules and abstain from the use of illegal substances and performance enhancing drugs during training and whilst competing at events.

You should recognise and value the contribution made by coaches and officials, many of whom give their time voluntarily, and comply with reasonable instructions given by them.

You must not post anything online that could cause deliberate offence or bring the club into disrepute.

## **TRAINING AT THE CLUB**

You should only attend training if you are fit and well enough to complete the session. You are responsible for informing somebody if you are unable to attend a training session in good time.

You must keep to agreed timings of training sessions and competitions.

You are responsible for turning up to training wearing kit that is suitable for the activity and weather conditions. Members must not be topless at any point during training and, if applicable, should not wear only sports bras on the upper body.

Before going out onto the water you are expected to assess the conditions and only proceed if your ability matches those conditions or any safety instructions that have been given on that day.

You are responsible for ensuring that your boat is signed out and in at the start and end of each water session.

You must respect all club and personal equipment. You should use only the equipment allocated for your use and ask for advice on use or maintenance if in doubt.

You are responsible for checking your equipment at the start and end of your training, for cleaning it after use and returning it to its proper location, and for reporting damages or wear and tear to your coach, cox or through the appropriate function on Team App.

You must report any accidents to a committee member as soon as possible.

Where practical or asked to do so, you should take part in a capsizing drill organised by the club annually.

## **AT COMPETITIONS & EVENTS AWAY FROM THE CLUB**

You must remember that at any event away from the club you are an ambassador for LORC. Club clothing makes identification easy, and you should strive to uphold the club's reputation.

You must be prepared for competitions by reading the competitor information provided by the hosting club or venue.

You must help prepare your equipment before, during and after competitions, including rigging, derigging and trailer loading.

You must keep to agreed timings for attending and competitions and inform coaches at the earliest opportunity if you are going to be late or are unable to attend.

You are responsible for turning up to a competition in a fit enough condition to carry out the activity or competition, and for informing someone as soon as possible if you feel unwell.

You must wear clothing suitable for the competition and weather conditions, including the LORC singlet and other appropriate kit.

You should stay in regular contact with captains, coxes and crew members at competitions so that you know your race times as these may change with little notice.

You must obey the rules of any competition, including the British Rowing Rules of Racing, and if it is necessary to challenge the verdict of race officials, this must be done by following the proper procedures and in a courteous manner.