



MUCKROSS ROWING CLUB

| CODE OF BEHAVIOUR

The mission of **Muckross Rowing Club** is the promotion of excellence in rowing at all levels in a safe, respectful, competitive, supportive, and inclusive environment. A key principle of this mission is ensuring that members receive proper coaching, attention, and protection. Fundamental to this is the right to have a safe sporting and exercise environment, as well as proper child safety provisions. This code recognizes the mutual dependencies between members, club coaches, officials, and parents/guardians, and decisions arising will strive to be athlete-centered as much as possible.

| 1. MEMBERS' RIGHTS & RESPONSIBILITIES

All members are entitled to an enjoyable and safe sporting environment free of abuse. However, members also have a responsibility to treat other members, coaches, and officials with fairness and respect.

Members have the right to:

- Quality, well-informed coaching.
- Be safe and feel safe.
- Experience fun, enjoyment, and fulfillment.
- Be treated with respect, dignity, and sensitivity.
- Make their concerns known and have them dealt with in an appropriate manner.
- Be listened to and protected from abuse.

Members should always:

- **Safety & Responsibility:** Behave in a safe and responsible manner and be mindful of the safety of others.
- **Equipment Care:** Take proper care of Club equipment and report any damage immediately.
- **Club Pride:** Represent Muckross RC, their crew, and other members with pride and dignity.
- **Integrity:** Train and compete fairly, doing their best in training and competition.
- **Respect:** Respect all coaches, officials, umpires, and opponents; be gracious in defeat and modest in victory.
- **Attendance:** Inform their coach in advance if they are unavailable for training or regattas.
- **Standard of Conduct:** Adhere to acceptable standards of behavior, use social media responsibly, and never use unfair or bullying tactics.

2. COACHES & OFFICIALS

Muckross RC cannot function without the talent, dedication, and commitment of its coaches and officials. For junior members, coaches must be properly vetted and are encouraged to hold relevant coaching accreditation.

Coaches should:

- **Athlete-Centered Approach:** Respect the rights, dignity, and worth of every person, focusing on athlete improvement as the best indicator of success.
- **Positive Environment:** Be positive during sessions so members leave with a sense of achievement; never reprimand or ridicule an athlete for a mistake.
- **Lead by Example:** Never use foul language or provocative gestures toward athletes, officials, or opponents.
- **Professionalism:** Never consume alcohol or non-prescribed drugs while members are in your care or in a manner that adversely impacts duties.
- **Welfare:** Challenge bullying in any form and avoid being alone with a junior athlete.
- **Physical Contact:** Avoid unnecessary physical contact and never engage in inappropriate touching.

3. LAKE SAFETY & BEST PRACTICE

Safety is the paramount priority for Muckross Rowing Club. The following rules are mandatory for all club activities:

- **Safety Launch Requirement:** No rowing boat should be unaccompanied on the lake. A safety launch must always be present on the water during every training session.
- **Red Weather Warnings:** During any Red Weather Warning, all club training and activities are strictly suspended. No training is permitted on the lake or in the gym.
- **Attire:** Ensure athletes are suitably equipped and safely attired, including life jackets for coxswains and warm clothing during winter.
- **Boat Checks:** Comprehensive boat checks must be carried out every time a boat is launched, including heel restraints, bow balls, riggers, slides, and seats.
- **Launch Readiness:** Ensure the safety launch has life jackets, adequate safety equipment, and an adequate amount of fuel.
- **Communication:** A walkie-talkie or radio must be taken out for every session.
- **Incident Reporting:** Prepare an accident or "near-accident" report and submit it to the Captain as soon as possible.
- **Medical Awareness:** Be aware of any special medical or dietary requirements of members as indicated on registration forms.
- **Facility Maintenance:** Ensure that all dressing rooms, the gym, and general club areas are kept tidy.

4. PARENTS & GUARDIANS

Parents and guardians act as vital role models and have an important role in encouraging children to participate fully in the sport.

Parents/Guardians should:

- **Positive Attitude:** Adopt a positive attitude toward participation, showing approval for effort rather than just results.
- **Punctuality:** Ensure children attend training punctually and are picked up promptly, as it is unreasonable to expect coaches to wait after sessions.
- **Administration:** Complete and return all registration, permission, and medical consent forms.
- **Club Support:** Support the club through fundraising, driving trailers to regattas, or providing minor maintenance support.
- **Selection:** Respect that selection decisions and the allocation of equipment are the responsibility of the coaches.

Parents/Guardians have the right to:

- Know their child is safe and be informed if their child is injured or if there are concerns.
- Talk to the Captain if they have any concerns.
- Know who to contact in the case of a concern for their child's wellbeing.