



Bedford Rowing Club

Code of Conduct

All rowers will ensure the following whilst training, practicing, or racing for Bedford Rowing Club:

- Respect the rights, dignity and worth of other participants or users of the Club, and not discriminate on the grounds of gender, race, colour, disability, sexuality, age, marital status, occupation, or political opinion
- Respect and listen to their coach
- Ensure appropriate clothing is always worn
- Make sure spare clothing is brought with them on every occasion in case of capsize
- Adhere to British Rowing Code of Conduct
- Not take illegal or performance-enhancing substances
- Avoid swearing at or shouting at others
- Not threaten others nor engage in any verbal, physical or other abuse
- Avoid inappropriate actions or relationships with their coach
- When racing, act in accordance with the rules of the competition or event
- When racing, study in advance, understand, and follow the rules, regulations, and guidelines of the competition/event with regards to safety, emergency procedures, boating, marshalling, and cancellation
- When racing, follow the directions of marshals, umpires, and officials of the club/competition/event
- Accept the decisions of officials of the event
- Act in a sportsmanlike way during training and competition
- Treat other competitors, coaches, other water users and officials of clubs, competitions, and events with respect.



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Junior Rowing Policy

All Junior members of Bedford Rowing Club and their coaches should be aware of the following points:

- All Junior members of the Club are to be coached by appropriately qualified, and approved, coaches
- No Junior members of the Club are to go on the water unless a coach, who has been approved by the BRC Welfare Officer or Captain, has taken responsibility for their safety and welfare
- Notwithstanding the above, Juniors who have reached the age of 18 may have the above two points reviewed at the discretion of the Captain or BRC Welfare Officer in the light of their experience and ability after the 30th of June in that year
- No Junior members of the Club are to have a key, or make use of another member's key, to the Club
- Coaches of Junior members must consider factors such as the competency of rowers, prevailing weather, and river conditions as well as boat type when deciding on an appropriate coach to rower ratio
- In the event of uncertainty over any of the above points further advice should be sought from the BRC Welfare Officer or the Captain.



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Rules

As a member of Bedford Rowing Club, you are expected to abide by the following rules:

- All members must play within the rules and respect officials and their decisions
- Keep to agreed timings for training and competitions or inform their coach if they are going to be late
- Wear suitable kit such as an all in one, long sleeved t-shirt, tracksuit bottoms for training and competitions, as agreed with the coach
- Pay any fees for training or events promptly
- Members must not consume illegal substances on Club premises or whilst represent the Club at competitions. Junior members are also not allowed to smoke or consume alcohol
- Bring drinking water to every training session and competition
- Do not share water bottles with anybody else
- Junior members must not use weights unless instructed and supervised by your coach
- Junior members must not go out on water unless supervised by at least one Club coach
- No swearing is permitted under any circumstances
- Bullying is not tolerated, and anyone found to have done so could have their membership terminated.



Bedford Rowing Club

Parents' Code of Conduct

Parents are to ensure the following:

- Respect the coaches and leave them to develop your child's rowing ability
- Not over emphasise winning
- No swearing at, yelling at, or chastising children, officials, coaches, or others
- Do not criticise coaching methods without good cause, or in presence of third parties
- Encourage their children's effort and them to take responsibility for their own actions, performance, and behaviour
- Do not compel your child to participate in the sport
- Not allow their children to compete when ill or injured
- Ensure that the level and type of participation is appropriate to their child's stage of development
- Avoid placing undue pressure on their children
- Be aware of the Club's Welfare Officer
- Discuss the requirements of the sport and the nature and duration of the coaching relationship with coaches, at an agreed time and place
- Provide their children with equipment to suit the conditions, e.g., clothing suitable for cold/warm weather, a water bottle, sunscreen, sunglasses, and hat
- Assist the Club to care for their children, and not to treat the Club as a child-minding service
- Act in a sportsmanlike way when supporting and spectating
- Always use correct and proper language
- Accept that errors are an important part of learning and not condemn children for making them
- Respect officials of the club, event or competition and other participants, supporters, and parents
- Act with respect for the decisions of officials and coaches, and without criticism
- Not coach their children at training and competition, unless engaged in coaching responsibilities agreed by the Club
- Avoid smoking or consuming alcohol, whilst on the Club premises or elsewhere, in connection with any Junior training or competition activity. Smoking on the Club premises is always prohibited.



Bedford Rowing Club

Communications Policy

Text messaging, emails and the BRC Facebook pages can help improve the success of Bedford Rowing Club. This may be by helping to remind members about the sessions that they have agreed to, and by promoting additional activities.

The significant benefit of text messaging, emails and the BRC Facebook pages are that they are not only cheap, but they are one of the most direct forms of communication as most people always have mobile phones with them and are technically and computer literate.

Any messages sent must never contain any offensive, abusive or inappropriate language and care must be taken to avoid over-familiarity or language that could be misinterpreted or misconstrued. This includes messages to other junior members, coaches, and club officials. This includes using text/email and any other form of messaging systems including social networking websites and apps

The Club aims to minimise risks by:

- Restricting inappropriate access to, use or sharing of personal details (e.g., names, mobile phone numbers, email addresses)
- Unwanted contact with children by adults with poor intent; text bullying by peers
- Being sent offensive or otherwise inappropriate materials
- Grooming of children for sexual abuse
- Direct contact and abuse.

For adults involved with Juniors the risks include:

- Misinterpretation of their communication with young people
- Potential investigation (internal or by statutory agencies)
- Potential disciplinary action.

Members that are found to have been in breach of these rules will be expelled from the club and reported to authorities where necessary.

Communication with Juniors

- Only coaches or volunteers who have been through the enhanced CRB/DBS check should use, and have access to, any text messaging system in use by the Club
- The numbers of personnel with access to the system, particularly data relating to children, should be kept to a practical minimum, and their details recorded and maintained by the Club Welfare Officer
- Specific consent from their parents must be obtained prior to sending the young people text messages. Parents should be offered the option to be copied into any texts their child will be sent
- Although parental consent is not required for young people aged 16 and over, verbal consent from parents is obtained prior to sending any text messages
- The contact details should not be shared with anyone else and should only be used for the purposes of the text messaging system as part of rowing activities



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- When texting or emailing juniors, they must be sent as a bulk message not individually so there are fewer opportunities for abuse and misuse
- One-to-one arrangements between coaches/volunteers and children are strongly discouraged
- All text messages sent must make it clear to the young people receiving them that Bedford Rowing Club has sent the message, rather than simply giving the mobile phone number of the system used to send the message
- Any messages sent must never contain any offensive, abusive or inappropriate language and care must be taken to avoid over-familiarity or language that could be misinterpreted or misconstrued.



Bedford Rowing Club

Guidelines for the Use of Photographic Equipment

Definition

Photographic Images and Video Images includes the use of cameras, digital cameras, video recorders, mobile phones, and PDAs

Introduction

Bedford Rowing Club is committed to providing a safe environment for children/young people under the age of 18. Essential to this commitment, is to ensure that all necessary steps are taken to protect children/young people from the inappropriate use of their images in resource and media publications, on the Internet, and elsewhere.

Photographs can be used as a means of identifying children and young people when they are accompanied with personal information, for example, - "this is X who is a member of Anytown Rowing Club who likes Westlife and supports Manchester United". This information might make a child vulnerable to an individual who may wish to start to "groom" that child for abuse.

Adopting Best Practice

By adopting the points highlighted in these guidelines, Bedford Rowing Club seeks to put into place appropriate practice to protect children/young people wherever and whenever photographs and recorded images are taken and stored.

These guidelines focus on the following key areas:

- The publishing of photographic and/or recorded images of children/young people
- The use of photographic filming equipment
- The use of video equipment as a promotional material/coaching aid

And adopt the following key principles:

- The interests and welfare of children taking part are paramount
- Parents/carers and children have a right to decide whether children's images are to be taken, and how those images may be used
- Parents/carers and children must provide written consent for children's images to be taken and used. This consent is given by signing the application form for membership of the Club. It is then the responsibility of the child and/or their parent/guardian to notify the Club Welfare Officer in writing of any subsequent objection or withdrawal of consent
- Images should convey the best principles and aspects of Bedford Rowing Club
- Care should be taken to ensure that images are not sexual or exploitative in nature, nor open to obvious misinterpretation and misuse
- Images should only be taken by persons authorized by the Club
- All images of children should be stored securely
- Electronic images taken for coaching feedback are offered to the junior to be transferred to their device and then deleted from the coach's device at the end of each session.
- In the case of images used on websites, particular care must be taken to ensure that no identifying details facilitate contact with a child by a potential abuser.



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Publishing Images - Easy Rules to Remember:

- Ask for written permission from the rower and their parent/carer to take and use their image
- If the rower is named in an article, then avoid using their photograph
- If a photograph is used, avoid naming the rower, and NEVER publish personal details (e.g., email addresses, telephone numbers, addresses etc.) of a child/young person
- Only use images of rowers in suitable dress to reduce the risk of inappropriate use
- Try to focus on the activity rather than a particular child and where possible
- Ensure that images reflect positive aspects of children's involvement in rowing (enjoyment/competition etc).