

Exmouth Rowing Club

Code of Conduct

British Rowing is the governing body of rowing (both indoor rowing and rowing on the water) in England.

British Rowing is responsible for the development and growth of rowing and setting the standards for those participating in the sport at every level.

British Rowing Values

Exmouth Rowing Club (ERC) is an affiliated British Rowing club and aligns itself with British Rowing values as well as its own club constitution.

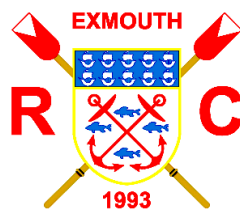
This code of conduct sets out the expected behaviours for all rowing participants at Exmouth Rowing Club based on British Rowing's values of

- **Teamwork** - collaborating, leading and contributing towards a safe, honest, equitable and transparent community with integrity and trust.
- **Open to all** – ERC has a commitment to rowing being an accessible and inclusive sport. The club wishes to enable anyone to participate in the sport with dignity and be considerate of their emotional and physical wellbeing and health.
- **Commitment** – ERC expects everyone to give their best, strive for continuous improvement with respect for the rules, pride, contributing and sharing positive aspects of rowing.

Expected standards of behaviour

All individual club members must:

- Read and follow the safeguarding, anti-bullying and equality and diversity policy of Exmouth Rowing Club.
- Obey additional British Rowing regulations, rules, values and policies, including the British Rowing anti-doping and integrity policies
- Obey specific event rules and policies on occasions such as the Coastal Rowing League events;
- Always behave appropriately and never in a way which might bring rowing into disrepute;
- Challenge the behaviour of others which is inappropriate, in breach of British Rowing or ERC's rules or policies or might bring the sport into disrepute;
- Act equitably towards other members and not allow any form of discrimination or victimisation to go unchallenged;
- Respect the rights and dignity of others;



- Ensure their use of digital / electronic communication on club channels follows the rules, uses appropriate language and demonstrates the same behavioural expectations as in person.
- Only enter into intimate relationships with those with whom there is no power imbalance and neither individual is in a position of trust towards the other;
- Condemn cheating, competition manipulation and the use of any form of prohibited substance.

Club officials, Coaches, Race Umpires, Coxes

Anyone in a position of authority at ERC should lead by example conducting themselves with honesty, integrity and competence.

In addition to the behaviours outlined above, which are applicable to everyone, club officials, coaches, coxes and race umpires must:

- Conduct appropriate risk assessments prior to rowing activities, ensuring the environment is as safe as possible in accordance with British Rowing's RowSafe guidance and the club's specific safety protocols;
- Report any behaviour which concerns them or might be in breach of this code, British Rowing or the club's rules, regulations or policies to the Welfare Officer and / or British Rowing
- Observe appropriate boundaries and relationships with those they are in a **position of trust**, avoiding sexual intimacy with anyone they coach / instruct or in the period immediately following the end of a coaching relationship;
- Follow best coaching and coxing practice as appropriate
- Only assume responsibility for a role which they are qualified for and never mislead anyone as to their level of qualification or competence;
- Create and maintain an environment which is positive, happy and promotes best safeguarding practice the values of teamwork, inclusivity and commitment.

In addition:

- Parents should never force a junior member to participate in rowing or place undue pressure on them to compete, participate or attend a rowing activity.
- They should conduct themselves with integrity, honesty and dignity respecting all others within the rowing community in particular volunteers, umpires and officials encouraging fair play and sportsmanship.
- No one should be under the influence of alcohol or drugs whilst participating in rowing, coxing, coaching, officiating, assisting others in rowing or any other physical activity in any rowing club premises which might lead to any unacceptable behaviour particularly when in charge of juniors.
- Adults should be aware that they are role models to those younger than them and behave in a positive, dignified and sportsmanlike manner at all times.