



Code of conduct

Quintin Boat Club expects members to adhere to the minimum standards of behaviour as set out in this Code of Conduct. This has been written in line with best practice advice prescribed by British Rowing to allow members to be treated as individuals and be able to enjoy safe participation in rowing.

Breaches of this Code will be dealt with in accordance with the procedures set out in the club constitution for dealing with complaints and discipline.

Members are expected to maintain good standards of conduct and to act in the best interests of the club at all times, as follows.

As a member of Quintin Boat Club, you are expected to:

General

- Portray yourself in a manner that reflects well on the club.
- Contribute positively to the club by being supportive and friendly to club members and other boathouse users by operating within the framework of the club rules and policies.
- Ensure you are up to date with and adhere to the club policies, rules and safety notices.
- Comply with the Anti-Doping rules of British Rowing and abstain from the use of illegal substances and performance enhancing drugs during training and whilst competing at events.
- Recognise and value the contribution made by coaches and officials, both those paid and those who give their time voluntarily and comply with reasonable instructions issued by them.
- Refrain from posting anything on the internet (including social media) that could cause deliberate offence to another club member or brings the club into disrepute.
- Respect the rights, dignity and worth of every other member and not discriminate on the grounds of age, gender, race, disability or religion.
- Report to a Club Committee Member any behaviour by another club member that you think is inappropriate and has caused a risk or distress to yourself or others.
- Report all child and vulnerable adult safeguarding concerns in accordance with procedures set out by British Rowing.
- Report all health and safety concerns in accordance with procedures set out by British Rowing.
- Refrain from using abusive or offensive language, acts of violence, harassment, intimidation, and physical and sexual abuse towards an individual or group.
- Be aware that the club has a zero-tolerance of bullying in any form.



- Refrain from bringing and/or consuming alcohol to excess onto the premises, or whilst representing the club away from the premises.
- Be a positive role model.
- Pay membership fees and race fees promptly.
- Be polite and considerate in all forms of written communication.
- Volunteer for tasks at the club and help to keep the club facilities in a good state of repair.
- Sign up for rota duties at club events.
- Make every effort to appear on time for all voluntary tasks that you have agreed to and notify someone overseeing that activity if you are going to be late or unable to attend.

Training at the club

- Attend training only if you are fit and well enough to complete the session and inform somebody appropriate if you are unable to attend a training session.
- Respect all club and personal equipment. Use only the equipment allocated for your use and ask advice if in doubt.
- Turn up to training wearing kit that is suitable for the activity and weather conditions.
- Check your equipment at the start and end of your training and report any damages or wear and tear.
- Before going out onto the water assess the conditions and only proceed if your ability matches those conditions or any safety instructions that have been given on that day.
- Sign your boats out and in at the start and end of each water session.
- Clean the equipment after use and return it to its proper location and report any defects, damage or accidents.

At competitions away from the club

- Be prepared for competitions by reading the Competitor Information provided by the hosting club.
- Help prepare your equipment before, during and after competitions.
- Keep to agreed timings for attending and competitions and inform coaches or crewmates at the earliest opportunity if you are going to be late or are unable to attend.
- Turn up to a competition in a fit enough condition to carry out the activity or competition or tell your coach or crew members as soon as you know you are feeling unwell.
- Wear suitable clothing for the competition conditions and with club colours for racing.
- Stay in regular contact with your coach or crew members at competitions so that you know your race times.
- Respect the rules of competition and where it is necessary to challenge the verdict of race officials, this must be done by following the proper procedures and in a courteous manner.