Code of Conduct 2024

Island City Dragon Boat Club

*General Boat Guidelines*

1. Head coach is responsible for running training sessions. In the absence of a head coach, the team captains, or other nominated paddlers are to run the session.
2. Listen carefully to instructions from the coach, and always follow them to the best of your ability.
3. No excessive talking in the boat. Be ready to act on any commands immediately.
4. The steersperson is in charge of boat safety on the water. Listen out for, and respond quickly to their instructions as your safety could be at risk.
5. Be courteous at all times, and support your team by supporting your teammates.
6. Respect other paddlers and their paddling skills, regardless of their experience.
7. No coaching in the boat. Coach or his appointed boat leader should be the only one providing feedback in the boat.
8. Only those paddlers nominated by the coaches should be calling instructions in the boat.
9. Treat the boat with respect. Never step on a seat, no metal bottles, etc.

*Boat safety*

1. Boat safety is everyone’s responsibility.
2. Everyone must have an approved PFD in the boat.
3. If you have serious medical issues, be sure you have anything you need (epi pen, insulin, medication, etc) and tell at least one person on the boat how to recognize an emergency for you.
4. Everyone on the boat needs a ‘buddy’ which is your seatmate unless other arrangements are made.
5. If the boat capsizes, look out for your buddy and stay with the boat at all times. Do not swim to shore even if it is close.
6. Know the basic boat commands. These are essential for helping the steers keep the boat safe.

*Race Day*

1. Respect all people who have taken on positions of responsibility in the club. This includes the team managers, team captains, and the coach. They have agreed to do a job, and they need your support to help build a winning team.
2. Respect the coach’s team selection. If you disagree with what team you are placed on, talk with the coach directly, do not disparage others by complaining.
3. Be a good sport. Applaud the achievement of all teams, not just ours.
4. Know the rules, and paddle by them.
5. Listen to the team captain and be on time to staging.
6. Accept any feedback from coach or appointed team leader with the understanding that they just want to help you become a stronger paddler.
7. Do not criticize teammates to other teammates, or to other teams. If you have a problem with a teammate, approach the teammate or coach.

*Off the water*

1. Encourage teammates to value their performances, not just wins.
2. Do your best to maintain a level of fitness to support the goals of the team.
3. Protect team assets (seat pads, paddles, pfds, etc).
4. Never engage in any act or behavior that is likely to intimidate, offend, insult, humiliate, or discriminate against any other person on the basis of gender, race, color, disability, age, religious or political belief, sexual orientation, gender identity, social background, ethnic or national origin, language, veteran status, marital or civil partnership status.
5. Respond to practices as soon as you can and cancel as soon as you can. Penalties will apply for less than 24 hour cancellation.
6. Do not tolerate abusive, bullying or threatening behavior. Report to the coach as soon as you can.