

Athlete's Code of Conduct

As a member of Glasgow Schools' Rowing Club all young athletes are expected to demonstrate an appropriate level of behaviour and commitment.

The club believe it is important that all athletes, coaches, administrators, parents and officials should show respect and understanding for the safety and welfare of themselves and others at all times.

As such all young athletes are expected to abide by the following code of conduct:

- Arrive at all training sessions on time, ready to participate and show commitment to the sport.
- Get involved in club or activity decisions.
- Inform your coach of any injuries or illness you may have before your session begins.
- Always wear the appropriate kit/uniform during training and wear suitable attire/protection to all events.
- Follow the instructions of coaches and staff. If you are given instructions you don't understand or agree with challenge these in a calm and respectful manner.
- Participate within the rules of the sport, respect decisions of coaches and officials.
- Make the club a welcoming and friendly place to be.
- Support and encourage your team mates.
- Be a good sport, celebrate when we win and be gracious when we lose.
- Treat fellow athletes, opponents, coaches and staff with respect at all times. Derogatory statements about individuals will not be tolerated.
- Respect and not discriminate against anyone else on the grounds of gender, race, sexual orientation or ability.
- Report any incidents of bullying to a member of staff, even if you're just a witness.
- Demonstrate positive behaviour at all times. No swearing or inappropriate behaviour in any public environment.
- Agree not smoke, consume alcohol or take non-prescription drugs on our premises or during practices, competitions or when representing us.
- Treat all sports equipment and venues with respect and keep it in good condition. This includes leaving toilets and changing areas tidy at the end of sessions.
- Follow our online safety and internet use policies
- Do not use mobile phones during training, competitions or in changing areas.
- Demonstrate respectful behaviour in all areas of your life including on social media. Remember that what you post, like or share reflects on you as a person and as a member of Glasgow Schools' Rowing Club.

As a young person taking part, we understand you have the right to:

- Enjoy the time you spend with the club and know that you're safe.
- Be told who you can talk to if something's not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, sexuality or ability.
- Be encouraged and develop skills with our help.
- Be looked after if there's an accident or injury and have your parents informed if needed.

We expect all young people to follow the behaviours and requests set out in this code. If any young person behaves in a way which contradicts any of the points set out above, we'll address the problem straight away with parent's involvement and aim to resolve the issue.

Continued issues and repeated breaches of this code may result in us regrettably asking you to leave the activity, event or club permanently for the welfare of other young people and our staff. This is something we never want to do.

Signature of young person:

Signature of parent:

Date: