



## *Dover Rowing Club*

### **Code of Conduct:**

#### **General:**

- Always put equipment that you use, away in its correct rack
- Don't hog equipment/ergo's if others are waiting (think of other members)!!
- Make new/inexperienced members welcome, show them the ropes and water safety issues
- Report and damage to boats/blades/equipment on the board (on Ladies changing room door)
- If you can repair the damage then do so and document repair in Log book in the kitchen
- Report any safety incidents you or others have whilst conducting rowing activities to the Captain or Vice Captain ASAP and record on the board on Ladies changing room door
- If you use anything from the first aid box, inform the captain or Vice Captain
- Be aware of the child protection issues involving juniors at the club
- Ensure it is safe for you to go afloat
- Assist other club members in getting afloat and ashore (if they require assistance)
- Always launch the boats in the correct manner - bow in to the waves when launching and landing
- Clean up after yourself in the club, KEEP IT CLEAN AND TIDY
- Do not mess around in the clubhouse or on the water, it can be dangerous to yourself and other water users

### **Private Members equipment:**

- **Do not use** unless you have permission to use boats/blades from the owner
- Treat them with respect they deserve, the equipment is expensive to replace
- Tell the owner of any damage that occurs to their equipment
- Do not take equipment to regatta's unless you have permission from the owner

### **Regatta's:**

- Ensure you notify (Stroke of crew) the Vice Captain of your crew's entry requirements BEFORE the closing date
- If you cannot attend or have to scratch from the race, notify the Vice Captain at the earliest opportunity, failure to do so may mean a **£10 CARA fine and having to pay your regatta fee for not competing**
- Read the Noticeboard at the front of the club for boat loading/start times and contact phone number
- Ensure that 50% of your crew participates in boat loading/unloading
- If you require certain blades/seats/shoes etc. then it is **your responsibility** to ensure they are loaded
- Pay you fees promptly, we should not have to chase you for these!!
- Owners of private boats/blades, it is **your responsibility** to ensure they are loaded on the trailer safely and securely

### **Coxswain/Coaches:**

- You are responsible as a crew for ensuring that you have organised a coxswain for your training outing
- Make sure they are suitably dressed for the weather/water conditions
- Check they have secured their lifejacket correctly and know how to operate it correctly in the case of an emergency
- Make sure they are aware of the **Water Safety Code**
- Ensure they know where in the harbour they can take the crew
- Ensure they hang up the lifejackets at the end of the session in the kitchen
- Make sure the rudder strings are secure and clipped in place
- If you have arrange for a coach to assist you make sure you turn up when arranged
- Listen and pay attention to the coach/coxswains instructions

## Training:

- Ensure your crew has booked themselves onto the boat booking board on front doors of the club
- Ensure you boat promptly at allotted times (if not all the crew on time this slot maybe given to another waiting crew) and return for the next crew as required by the booking board
- Ensure your boat is safe to boat, **BEFORE GOING AFLOAT**
  1. Riggers tight,
  2. No external damage to hull,
  3. Canvas intact and secure,
  4. Heel restraints fitted and secure,
  5. Bailers functioning,
  6. Seats in good condition
  7. Blades not damaged
  8. Rudder secure
  9. Feet plates in correct position
- Always launch the boats in the correct manner - bow in to the waves when launching and landing
- Stay with boat if it floods or capsizes, attract attention of other water users to obtain assistance in getting ashore

## Racing:

- Check your boat as above
- Check you have correct number on the boat
- Get in right lane
- Boat in time for your heat/final
- Ensure you are wearing correct colours for racing: Royal Blue and white quarters, Royal blue tops for wet conditions
- If you are involved in a racing incident:
  1. **Do not argue with the officials (NO SWEARING OR ABUSIVE LANGUAGE)**
  2. Make your point of view through the stroke person **ONLY**
  3. Then return to shore and notify Club Captain of complaint
  4. **DO NOT APPROACH THE OTHER CREWS INVOLVED OR ANY OTHER OFFICIAL ABOUT THE PROBLEM**
  5. If called to an official CARA meeting then attend and behave in a polite courteous manner and accept the decision of the officials in a gracious manner (even if you disagree! - remember these people do this voluntarily and like football refs. Do not get it right all the time, but **DO** Attempt to give fair decision, based on the information they see and hear. WE can't run racing without them, so it is counter productive to annoy them and lose them from the sport.)

