



ST MICHAEL'S ROWING CLUB

Code of Behaviour



► INTRODUCTION

The mission of St. Michael's Sporting Club is the promotion of excellence in rowing at all levels, in a safe, respectful, competitive, supportive, and inclusive environment.

A key principle of that Mission is to ensure that members receive proper coaching, attention and protection. Fundamental to this principle is the right to have a safe sporting and exercise environment, as well as proper child safety provisions.

It is also important to recognise that there is a set of mutual dependencies between the members, Club coaches and officials and, in the case of junior members, parents. This guide seeks to set out each of these three parties' roles and responsibilities. It is important to stress that this code and decisions arising will strive to be athlete centred as much as possible.

The purpose of this Code of Behaviour therefore is to set out important policies and procedures that should support the Club sustain a safe environment for our members as well as clarity on the roles of coaches, officials and parents.

For further information on our disciplinary procedure and complaints process please go to www.smrc.ie



MEMBERS



The Club seeks to provide an excellent sporting environment for all members involved in sport. Our members are entitled to be given enjoyable, safe, sporting opportunities, free of abuse of any kind.

However, with rights there will always be responsibilities. Members can benefit greatly from the Club in terms of physical and personal development, competition and enjoyment. As members of the Club, they must realise that they also have a responsibility; a responsibility to treat other members, coaches and officials with fairness and respect too.

Members should be entitled to:

- » Quality well informed coaching
- » Be safe and feel safe
- » Have fun and experience a sense of enjoyment and fulfilment
- » Be treated with respect, dignity and sensitivity
- » Comment and make suggestions in a constructive manner
- » Be afforded appropriate confidentiality
- » Make their concerns known and have them dealt with in an appropriate manner
- » Be protected from abuse.
- » Be listened to.

Members should always:

- » Behave in a safe and responsible manner as well as be mindful of the safety of others
- » Take proper care of Club equipment and report any damage
- » Tidy up after themselves and help with clean ups after club events.
- » Train and compete fairly
- » Do their best – put in their best effort in training and in competition.
- » Improve and develop their skills.
- » Respect other members regardless of ability, cultural or ethnic origin, gender, sexual orientation or religious beliefs
- » Represent their Club, their crew and other members with pride and dignity
- » Respect all Coaches, Officials, Umpires as well as their opponents
- » Be gracious in defeat and modest in victory
- » Inform their Coach in advance if they are unavailable for training and regattas
- » In the case of junior members, know that it is acceptable to talk to the Club Children's Officer with any concerns or questions they may have
- » Adhere to acceptable standards of behaviour and their Club's Code of Discipline
- » Tell somebody else if they or others have been harmed in any way
- » Adhere fully to Club's rules and regulations including this Code of Behaviour.





Members Should Engage in Good Practice & Behaviour:

- » Never cheat - always play by the rules
- » Never shout at or argue with a regatta's official, with your Coach, your crew mates or opponents and should never use violence.
- » Never use unfair or bullying tactics to gain advantage or isolate other members.
- » Never spread rumours.
- » Never tell lies about adults or other young people.
- » Never compete or train if you feel unwell or are injured; inform your coach
- » Never use unacceptable language or racial and/or sectarian references to an opponent, another member or official by words, deeds or gesture
- » Never consume non-prescribed drugs or performance enhancing supplements
- » Use Social Media responsibly

Remember, St. Michael's has a proud rowing tradition going back over a hundred years. When you are wearing St. Michael's Club Colours you are representing our Club. Be proud of your Club, our colours and that proud tradition.

It is understandable that some members have ambitions to be selected for national trials. It is the Club policy to support such ambitions and will try to balance Club and individual ambitions where such performance is warranted. In such cases, a discussion will take place between the athlete and their coach to determine what is best.





▶▶ COACHES & OFFICIALS

It must be recognised that the Club could not function without the talent, dedication and commitment of its coaches and club officials. We owe them our sincere thanks and respect.

In the case of junior members, coaches must be properly vetted by standard Garda vetting processes and are encouraged to attend child welfare and protection training courses as well as rowing coach accreditation

Coaches should maintain a junior athlete centred approach:

- » Respect the rights, dignity and worth of every person
- » Treat each person equally regarding age, gender, ability, ethnic origin, cultural background or religion
- » Be positive during coaching sessions, games and other activities so that junior members regularly leave with a sense of positive achievement
- » As much as possible, develop an understanding of relevant coaching methods and ensure that they have the appropriate level of coaching accreditation
- » Rather than just medals, the level of improvement made by members is the best indicator of effective coaching.



Coaches Should Lead by Example

- » Never use foul language or provocative language/gestures to a junior member, opposing crew or race official.
- » Do not question an Umpire's integrity
- » Encourage members to respect and accept the judgement of race officials.
- » Never consume alcohol or non-prescribed drugs immediately prior to or while junior members/players are in your care, or in any manner that could adversely impact on your duties and performance
- » In the case of junior members, encourage parents to become involved in your crew and Club activities wherever possible
- » In the case of junior members, develop an appropriate working relationship with children based on mutual trust and respect
- » Challenge Bullying in any form whether physical or emotional
- » Don't shout at or lecture players or reprimand/ridicule them when they make a mistake. Young members learn best through positive encouragement, along with trial and error. Children and young people should not be afraid to risk error so as to learn
- » Avoid incidents of horse play or role play or telling jokes etc. that could be misinterpreted
- » Where possible, avoid taking coaching sessions on your own
- » Avoid unnecessary physical contact with a member and never engage in an inappropriate touching of an athlete. Use video or other athletes to demonstrate a point
- » Be aware of the developmental stages and needs of junior rowers.
- » Avoid over training and over emphasis on competition.
- » Avoid discussing other crews, members, coaches, or parents in a negative way.
- » Avoid being alone with any junior athlete.

Best Practice

- » Safety is paramount
- » Ensure that all of your athletes are suitably equipped and safely attired e.g. cox's radio, cox's life jacket, rowers warm clothing during winter, etc.
- » Promote the athlete to the highest level they can achieve
- » Wherever possible, be accompanied by at least one other adult at coaching sessions, races and in junior squad dressing rooms
- » Set realistic - stretching but achievable - performance goals for your squad members
- » Prepare an accident report or 'near-accident' and submit to the Captain as soon as possible
- » Keep a record of any injuries and actions subsequently taken. Ensure that another official or other adult is present when a player is being attended to and can corroborate the relevant details
- » Make adequate provision For First Aid services
- » Be aware of any special medical or dietary requirements of players as indicated on the medical consent/registration Forms or as informed by parents/guardians
- » Ensure that all dressing rooms and the general areas that are occupied by your squad are kept tidy
- » Do not administer medication or medical aid unless you are willing to do so and have received the necessary training to administer such aid
- » Use mobile phones, if deemed appropriate, only via a group text or email system for communicating with the parents/guardians of players.
- » Do not communicate individually by text/ email with squad members
- » Do not engage in communications with underage members via social network sites
- » Encourage parents/guardians to play an active role in organising and assisting various activities for your teams and your Club
- » If it is necessary to transport a child/young person in your car, ensure that they are seated in a rear seat with seat belts securely fastened and that all drivers are adequately insured
- » Regular safety checks should be carried out in relation to premises, training facilities and equipment.
- » Boat checks need to be carried out each time a boat is planning on going out on the river (e.g heel restraints, shell check, riggers, slides, seats, bow ball, tiller, cox's seat, etc)
- » Ensure that launch has life jackets, adequate safety equipment and an adequate amount of fuel.
- » Bring a walkie-talkie out for each session.





▶ PARENTS/GUARDIANS

Parents/ Guardians have an important role to play in assisting and encouraging their children to fully participate in our sport. In common with coaches and officials, the parents/guardians of junior members should act as role models for their children as well as for other junior members

Parents/Guardians Should Encourage Their Child To:

- » Always play by the rules
- » Improve their skills levels
- » Maintain a balanced and healthy lifestyle with regard to exercise, food, rest and play. Advice may be sought if necessary from Club coaches or officials on this issue. The Club will provide briefings from time to time

Parents/Guardians Should Lead By Example

- » Adopt a positive attitude to their children's participation in our sport
- » Respect coaches and officials' decisions and encourage children to do likewise
- » Do not exert undue pressure on your child
- » Show approval for effort, not just results
- » Do not criticise poor racing performances



Parents/Guardians Should:

- » Complete and return the registration/ permission and medical consent forms for their child's participation in the Club
- » Inform the Coaches, and any other relevant Club personnel, of any changes in their child's medical or dietary requirements prior to coaching sessions, games or other activities
- » Ensure that their child punctually attends coaching sessions
- » Always be punctual in picking-up children after training. Coaches have given their time to coaching. It is unreasonable to expect them to have to wait after training for late pick-ups.
- » Parent/guardian/carer should be informed of the starting and finishing times of training sessions and events.
- » Provide their child with adequate clothing and equipment as may be required for training.
- » Be aware that suitable clothing for rowing can be purchased on any of the following websites:
 - » <https://godfrey.co.uk/rowing>
 - » <https://www.powerhousesport.com/>
 - » <https://www.jlrracing.com/>
 - » Your own alternative supplier
- » Ensure that the nutrition/hydration and hygiene need of their child are met
- » Never encourage your child to consume non-prescribed drugs or take performance enhancing supplements.
- » Listen to what their child may have to say
- » Show approval and support whether the crew wins or loses
- » Never attempt to meet their own needs and aspirations for success and achievement through their children's participation in games.

Parents /Guardians Should Assist The Club By:

- » Showing appreciation and support to coaches and Club officials
- » Supporting the Club in fund-raising, driving groups to regattas, driving the trailers to regattas, minor maintenance support, or other positive contributions
- » Assisting in the organising of Club activities and events as requested
- » Respecting the rights, dignity and worth of every person and by treating each one equally regardless of age, gender, ability, ethnic origin, cultural background or religion
- » Not entering team dressing rooms unless deemed necessary by the crew coach



Parents/Guardians Have the Right To:

- » Know their child is safe and to make a complaint (in a reasonable manner) if they believe that their child's safety is in anyway compromised
- » Be informed of problems concerns relating to their child
- » Be informed if their child gets injured
- » Talk to the Captain if they have any concerns
- » Make input on the strategic development of the Club, however they must be individual members of the Club themselves, to have a vote at Annual General Meetings
- » With the exception of their own child a coach should not transport a child alone, except in emergency or exceptional circumstances
- » Know who to contact in the case of a concern for their child's wellbeing.

Parents/ Guardians Do Not Have the Right To:

- » Complain to coaches about their selection decisions. However, they do have the right to follow the Club's grievance procedure
- » Complain which boat or other items of equipment are allocated to their child

