

London Rowing Club (LRC) Code of Conduct

Each athlete, parent, member and volunteer of LRC (collectively referred to as 'members') pledges that he or she agrees to uphold both the letter and spirit of this Code of Conduct (Code). This Code is *not* intended to establish a set of rules that will, by inclusion or exclusion, prescribe appropriate behavior in every aspect of participation/membership in the LRC. Rather, the Code offers general principles to guide the conduct of members, particularly in situations that have ethical implications.

Members will adhere to the club Code and rules, including safety rules, or accept penalties that the Head Coach and / or the LRC Board deem appropriate.

At the LRC, we expect athletes to strive to reach their potential and encourage them to participate in the sport of rowing. It is expected that the rowing experience will be enjoyable to the athlete, provide an opportunity for them to develop individual skills while learning the values of good sportsmanship, team play, competition, loyalty and dedication.

Participation in rowing is a privilege and not a right for our athletes. We have a zero-tolerance policy regarding bullying, the possession or use of illegal drugs, as well as a zero-tolerance policy regarding the possession or use of tobacco and alcohol for minor aged athletes.

We expect athletes to represent their school, region, community well, and to treat all LRC members with dignity, respect and good sportsmanship. This is particularly important at all regattas and regatta trips. In addition, all members must:

- Treat officials, coaches, opponents, teammates and volunteers with respect,
- Control their emotions at all times and never argue with officials or volunteers,
- Use respectful and sportsman like language
- Never cheat or 'grandstand',
- Keep physically and mentally fit and observe training rules set by their coach, and
- Represent the LRC with respect and dignity at all times.

Specifically, regarding bullying, harassment, sexual or otherwise; athletes should always respect the rights of others. Any behaviour which is intimidating, hostile or offensive is strictly prohibited. This includes but is not limited to telephone calls, social media, email, texts, looks, gestures, touching, teasing, jokes, remarks, innuendoes and questions of a harassing nature or in any way threatens the safety of others.

Athletes will discuss the LRC Code of Conduct and club rules with their coaches/advisors, parents/guardians and teammates, and will make a commitment to the rules and the Code by signing it at the beginning of the season.

The LRC reserves the right to enforce the Code at any time and with any level of penalty when it is deemed that a member's behaviour detracts from the image and standards of the club. A penalty may be extended to include another season or the next year, at the discretion of the Board. Decisions made regarding the enforcement of the Code will be communicated to the member, and as applicable to his/her parents/guardians. The athlete or the parent may request a review by the Board by contacting the President, within thirty (30) days of the notice, at president@londonrowingclub.on.ca

Parents' Role - The LRC expects parents be aware of and abide by the expectations outlined above. Parents and the athletes are required to sign at the beginning of the season, acknowledging their awareness of club rules and the Code, and commit to abide by them.

I have read the LRC Code and rules and agree to abide by it as a condition of my (or if under 18, my child's) participation in rowing. Athlete/member's signature:

LRC Member _____

Date _____

LRC Rower-Parent (s) _____

Date _____