Code of Conduct - Adults

- Respect the coaches, staff and fellow crew members and their decisions.
- You must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- You should keep to agreed timings for training and competitions or inform their coaches if they are going to be late. If you arrive late to a water session we cannot guarantee you will get in a boat for that session.
- You must wear suitable kit – layers of lightweight clothing suitable for the weather conditions and sports shoes. These must provide adequate warmth (e.g. windproof clothing) and protection from the sun (e.g. long sleeved tops and hats). No Denim. If in doubt please speak to a coach.
- Use appropriate language – avoid swearing or shouting at others.
- Pay any fees for training or events promptly.
- You are not allowed to smoke on club premises or whilst representing the club at competitions.
- You are not allowed to consume drugs of any kind on the club premises or whilst representing the club.