



Codes of Conduct

Code of Conduct for Children and Young People

This is one of a series of documents intended to set the standard for behaviour within Rowing. It applies to all Children and Young People, under the age of 18 years, within Irish Rowing.



**ROWING
IRELAND**

Rowing for Young People

Rowing Ireland is fully committed to safeguarding and promoting the wellbeing of all of its members. It believes that it is important that members, coaches, administrators and parents associated with the sport should, at all times, show respect and understanding for the safety and welfare of others. Therefore members are encouraged to be open at all times and to share any concerns or complaints that they have about any aspect of the sport with the appropriate Designated Officer who for Rowing Ireland is Mr Martin Corcoran.

Rowing Ireland should offer a positive experience to young people where they can learn new things in a safe and positive environment.

As a rower within Rowing Ireland, you are expected to abide by the following code of practice:

Children/Young People are expected to:

- Be loyal and give their friends a second chance
- Be friendly and welcome new members
- Be supportive and committed to other team members, offer comfort when required
- Not get involved in inappropriate peer pressure and push others into something they do not want to do
- Keep within the defined boundary of the rowing centre area and rowing area.
- Behave and listen to all instructions from the leader. Stay within the rules and respect umpires and their decisions.
- Take care of equipment owned by the club/sport.
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background or religious beliefs or sexual identity
- Refrain from the use of bad language or racial/sectarian references. This includes bullying using technologies like chat rooms or texting.
- Refrain from bullying or persistent use of rough and dangerous play.
- Keep to agreed timings for training and competitions or inform the coach or team manager if you are going to be late.
- Wear/bring suitable kit- to include appropriate clothing, footwear, and a full change of clothing and towel- for training and events, as agreed with the coach/team manager.
- Pay any fees for training and events promptly

- Juniors are not allowed to smoke on rowing premises or while representing the club or Rowing Ireland.
- Juniors are not allowed to consume alcohol or drugs of any kind on rowing premises or while representing the club or Rowing Ireland.
- Show respect to other young rowers/leaders and show team spirit
- Keep yourselves safe
- Report inappropriate behaviour or risky situations for young rowers.
- Play fairly and be trustworthy
- Show loyalty and be gracious in defeat
- Challenge or report the bullying of your peers
- Respect opponents
- Not cheat or be violent/aggressive
- Not use violence
- Make your club a fun place to be.

Children/Young People have the right to:

- Be safe and happy in their chosen activity
- Be listened to
- Be respected and treated fairly
- Privacy
- Enjoy rowing in a protective environment
- Be referred for professional help if needed
- Be protected from abuse by others in rowing or outside sources
- Participate on an equal basis, appropriate to ability
- Experience competition and the desire to win
- Be believed
- Ask for help

Any misdemeanours or general misbehaviour will be addressed by the immediate coach and reported verbally to the designated person. Persistent misbehaviour will result in dismissal from the club/sport. Parents will be informed at all stages.

Dismissals can be appealed by the coach/volunteer? With final decisions taken by the club committee or referred to the governing body depending on the disciplinary procedures within the sport.

.....Signature of Young Person
.....Printed name of Young person
.....Signature of Parent/Guardian
.....Printed name of Parent/Guardian
.....Date

Parental consent is defined in NI by the Children (NI) Order 1995 Article 6 (i): Natural mother always has parental responsibility, and natural father gains parental responsibility: If married to the mother at the time of birth or subsequently marries her; through an agreement witnessed by solicitor or a Parental responsibility Order, or; post 15 April 2002 if they jointly register the baby's birth. Parental Consent is defined in RoI by the Guardianship of Children Acts, 1964 to 1997: Natural mother always has parental responsibility, and natural father gains parental responsibility: If married to the mother at the time of birth or subsequently marries her, or; through an order under Section 6A (inserted by the Status of Children Act, 1987) of the Act of 1964.

Code of Conduct & Good Practice for Parents and Guardians

This is one of a series of documents intended to set the standard for behaviour within Rowing. It applies to all Parents or Guardians of young people participating in Irish Rowing.



Rowing and Young People

Rowing provides an excellent pathway for children and young people to learn new skills, become more confident and maximise their own potential. Through their participation, they can learn and develop life skills, have fun and enjoyment, make friends and experience life in a way that can enhance their personal growth throughout their lives.

People become involved in rowing for juniors, for a variety of different reasons. They come from a variety of sporting backgrounds and take on various roles within clubs and other rowing organisations. Yet irrespective of their role or responsibility, they all share the common goal of providing opportunities for young people.

Parents, coaches and administrators all have an important role to play in promoting good practice in children's sport. They should have, as their first priority, the children's safety and enjoyment of the sport.

Rowing Ireland wants rowing to be safe, and to be fun and wants to ensure that no matter what level of the sport young people are involved in, that it takes place in the spirit of 'FAIR PLAY'.

Fair play is the guiding principle of the Sports Council Code of Ethics as well as the Rowing Ireland Code of Ethics and Good Practice, which is designed to provide guidance for those working with young people in rowing. It outlines the type of issues that need to be discussed and addressed to provide the safest and most enjoyable environment not only for young people but also the coaches and volunteers involved.

Focusing on individual participants' needs encourages young people to achieve and demonstrate enjoyment, equality and fair play. Through this they will come to realise that standards of behaviour are equally as important as sports performance.

In taking this approach children are encouraged to:

- Do their best – put in their best effort.
- Improve and develop their skills.
- Make friends.
- Play by the rules.
- Appreciate/accept everyone in the group, regardless of ability, race, religion, gender etc.

Guide for Parents / Guardians

Parents / guardians play an important role in promoting children's happiness and success in rowing and sport in general.

Parental expectations and behaviour have a significant bearing on children's attitude and behaviour while participating in sport.

Parents / guardians need to be aware of why children want to participate. Children want to learn new skills, make new friends, be part of a group, to win and be successful, experience challenges, excitement and action.

While winning is important, it must be remembered that winning at all costs does not meet the needs of participants. Results are not necessarily a good indicator of coaching effectiveness or ability. The improvement level of rowers and their level of enjoyment is a better measure.

Support and encouragement from parents / guardians will contribute to children having:

- **A sense of personal achievement.**
- **An enjoyment of rowing.**
- **Improved physical fitness.**
- **Higher self-esteem.**
- **A greater level of skill.**
- **Improved social skills.**

It is important for parents / guardians to find out what their children want from rowing, and help them to set realistic targets to achieve this. **This may involve controlling their own aspirations and avoiding the desire to force their own dreams or unfulfilled ambitions on them.**

It is important to:

- Encourage but not force children to be active.
- Know when he / she is ready to race/train.
- Encourage healthy lifestyle habits.
- Attend training and events where possible.
- Promote and teach **FAIR PLAY**.
- Teach your child to treat umpires, rowers, coaches, and officials with respect regardless of race, creed, colour, sex or ability.
- Help children to set realistic targets.
- Help children with decision making.

Parents/Guardians should not:

- Ignore or dismiss complaints or concerns expressed by a child which relate to his/her involvement in rowing.
- Ridicule or shout at a child for losing a race or making a mistake.
- Treat any club as a child minding service.
- Take safety for granted.
- Put undue pressure on any child to please or perform well.

Most importantly parents / guardians should:
“LEAD BY EXAMPLE”

Parent / Coach Co-operation

It is important that parents / guardians establish contact with the individual responsible for coaching their child.

In addition, parents / guardians should:

- Give the coach help when asked and show appreciation for a job well done.
- Support the coach's and umpires decisions. These individuals are only doing the best they can and they need support not anger.
- Refrain from contacting the coach unless it is necessary, respect they have a private life.
- Inform the coach about any illness, injury, holidays, etc.
- Make an effort to attend training and games.
- Communicate any concerns you may have to the coach.
- Make sure the child has appropriate equipment/clothing/refreshments.
- Encourage **FAIR PLAY** at home and do not instill a “win at all costs” attitude in children.
- Be positive or be quiet, negative comments are counter productive.
- Conduct themselves in such a way which promotes the definition of **FAIR PLAY**.
- Be prepared to be asked to leave by officials or club personnel if behaviour is contrary to the definition of **FAIR PLAY**.

Parents / Guardians should never:

- Insult rowers or club personnel.
- Argue with, or shout abuse at officials, and they should actively discourage children or young players from doing likewise.
- Suggest or encourage cheating, aggressive or unfair behaviour.
- Placing undue or inappropriate criticism on a rower, causing them unnecessary or unhealthy levels of stress.
- Behave with physical or verbal aggression towards another person (actual or threat).
- Engage in any "harassment".

In promoting “Rowing for Fun” everyone involved should:

- Encourage participation and fun.
- Promote the development of skills as opposed to winning at all costs.
- Emphasise and praise effort.
- Act as a good role model.
- Insist on **Fair Play**.
- Be realistic with expectations.
- Be aware of children's feelings.
- Teach rowers to respect different cultures.

“**Sport for young people is about Fun and Participation, best effort and Fair Play in a Safe environment**”

Children in rowing are entitled to:

- Be safe.
 - Be treated with dignity, sensitivity and respect.
 - Participate on an equal basis, appropriate to their ability and stage of development.
 - Be happy, have fun and enjoy rowing.
 - Make a complaint in an appropriate way and have it dealt with through a proper and effective complaints procedure.
 - Be afforded appropriate confidentiality.
 - Be listened to and to be believed.
 - Have a voice in the running of the club.
- Children should also be encouraged to realise that they also have responsibilities to treat other children, umpires, fellow players, coaches and volunteers with the same degree of fairness and respect.

In this regard children should agree to:

- Play fairly, do their best and have fun.
- Make high standards of Fair Play the standard others want to follow.
- Respect opponents. They are not enemies, they are partners in a sporting event.
- Congratulate opponents after events, whoever wins.
- Give opponents a hand if they are injured, make allowances so they can get attention.
- Accept apologies from opponents when they are offered.
- Respect fellow crew/squad members and support them both when they do well and when things go wrong.
- Treat rowers from minority groups with the same respect you show other people.
- Be modest in victory and be gracious in defeat “**BE A SPORT**”.
- Approach the club Children's Officer with any questions or concerns they might have. Coaches and parents should encourage children to speak out and support them in doing so.

Children should not:

- Cheat.
- Use abusive language, or argue with, the umpire, officials, crew mates or opponents.
- Use violence: they should use physical contact only when it is allowed within the rules.
- Bully.
- Tell lies about adults or other children.
- Spread rumours.
- Take banned substances to improve performance.
- Keep secrets about any person who may have caused them harm.

Responsibility to Report

Any person, who has concerns about a child's welfare or who suspects that a child is being abused, or is at risk of abuse, has a responsibility to report their concerns to the Health Board or Gardai/Police.

Persons unsure about whether or not certain behaviours are abusive and therefore reportable, are advised that they can seek advice from the duty social worker in their local health board area where they will receive appropriate advice.

In cases of emergency where a child appears to be at immediate and serious risk and the duty social worker is not contactable, call the Gardai/Police.

Under no circumstances should a child be left in a dangerous situation, pending intervention by the Statutory Authorities.

All clubs should have clear procedures for responding to reports or concerns relating to the safety and welfare of children. Coaches / volunteers, children and parents / guardians should be aware of how and to whom they report concerns within the club or organisation.

Mobile Phones etc.

Mobile phones and communication devices are often given to children for security, enabling parents to keep in touch and make sure they are safe.

However such technology has also allowed an increase in direct personal contact with young people, in some cases used to cross personal boundaries and cause harm. Within clubs there is a need to encourage responsible and secure use of these devices.

In this respect Coaches are advised to:

- Use group texts for communication among athletes and teams and inform parents of this at the start of the season
- It is not appropriate to have constant communication with individual athletes
- Don't use the phone in certain locations; inappropriate use of your camera phone may cause upset or offence to another person, e.g. changing rooms, or may cause a safety risk e.g. on the water.

For further information or advice see:

www.rowingireland.ie

Or contact: National Children's Officer, c/o Rowing Ireland, Sport HQ, 13 Joyce Way, Parkwest, Nangor Road, Dublin 12. Tel. +3531 625 1130
Email: info@rowingireland.ie

Code of Conduct & Good Practice for Coaches and Sports Leaders

This is one of a series of documents intended to set the standard for behaviour within Rowing. It applies to all Coaches, with or without qualifications, umpires, officials, and anyone left in charge of young people or in charge of coaching, within Irish Rowing.



Rowing and Young People

Rowing Ireland is indebted to the countless number of volunteers who give of their time in providing rowing opportunities for children and young people.

Rowing provides an excellent pathway for children and young people to learn new skills, become more confident and maximise their own potential.

Through their participation, they can learn and develop life skills, have fun and enjoyment, make friends and experience life in a way that can enhance their personal growth throughout their lives.

People become involved in rowing for young people for a variety of different reasons. They come from a variety of sporting backgrounds and take on various roles within clubs and other organisations. Yet irrespective of their role or responsibility, they all share the common goal of providing opportunities for young people.

Coaches, parents and administrators all have an important role to play in promoting good practice in children's sport. They should have, as their first priority, children's safety and enjoyment of the sport. Rowing Ireland wants sport to be safe, to be fun and to ensure that all rowing and associated activity takes place in the spirit of **'FAIR PLAY'**.

Fair play is the guiding principle of the Sports Council Code of Ethics as well as the Rowing Ireland Code of Ethics and Good Practice which is designed to provide guidance for those working with young people in rowing. It outlines the type of issues that need to be discussed and addressed to provide the safest and most enjoyable environment not only for rowers but also the coaches and other volunteers involved.

Coaches achieve satisfaction from working with children and young people. Focusing on the individual participants' needs and performance encourages young people to achieve and demonstrate enjoyment, equality and fair play. They will come to realise that standards of behaviour are as important as sports performance.

In taking this approach children are encouraged to:

- Do their best – put in their best effort.
- Improve and develop their skills.
- Make friends.
- Play by the rules.
- Appreciate/accept everyone in the group, regardless of ability, race, religion, gender etc.

Player Centred Approach

Coaches need to be aware of why children want to try rowing. They want to learn new skills, make new friends, be part of a group, to win and be successful, experience challenges, excitement and action.

While winning is important, it must be remembered that winning at all costs does not meet the needs of players. Results are not necessarily a good indicator of coaching effectiveness or ability, the improvement level of those in rowing and their level of enjoyment is.

Coaches should aim to provide a safe and enjoyable environment where children and young people are placed at the centre of all activities.

In promoting good practice and creating a child/player centred approach coaches should:

- Act as good role models.
- Encourage and be positive during sessions so that participants leave with a sense of achievement.
- Set challenging, realistic but achievable goals.
- Plan and prepare each session appropriately and ensure proper levels of supervision.
- Ensure that all activities are inclusive and allow all participation in an enjoyable way.
- Put the welfare and enjoyment of children first and strike a balance between this and winning or achieving results.
- Enforce the principles of fair play treating each person equally, with dignity and respect and ensure that everyone plays within the rules.
- Be aware of the developmental stages and needs of those in rowing.
- Avoid over training and over emphasis on competition.
- Involve parents/guardians and other club members in what we do.
- Be qualified and up to date with the latest coaching knowledge and skills.

Best Practice

In keeping children and young people at the forefront of planning and practice, coaches can be confident that participants will enjoy their rowing experiences and that their actions are regarded as safe and in keeping with the principle that the welfare of children is of paramount consideration.

Coaches are given a position of trust by parents/guardians and players, and should show the highest standards of behaviour whilst in the company of children. It is important that coaches follow an agreed code of good practice, and parents/club officials are satisfied that coaches are suitable to lead the activities undertaken. It is important to note that in adhering to these guidelines we ensure not only a safe environment for children but also a safe environment in which coaches and volunteers can operate.

Coaches/volunteers should never:

- Exert undue influence over a participant in order to obtain personal benefit or reward.
- Share a room with a young person alone on away trips.
- Engage in rough physical games, sexually provocative games or allow or engage in inappropriate touching of any kind, and/or make sexually suggestive comments about or to a child.
- Engage in any sexual activity with under 18's. This will be subject to club disciplinary procedures.
- Use any form of corporal punishment or physical force on a young person.
- Take measurements or engage in certain types of fitness testing without the presence of another adult.
- Undertake any form of therapy (hypnosis etc.) in the coaching of young people.

Most coaches work in an environment where it is recognised that, in a sporting context, certain types of coaching require a 'hands on approach', i.e., it may be necessary to support a participant in order to physically demonstrate a particular technique. This should only occur when necessary and in an open and appropriate way with the knowledge, permission and full understanding of the participant concerned and his/her parents/guardians.

Coaches must realise that certain situations or friendly actions could be misinterpreted, not only by the player, but by outsiders motivated by jealousy, dislike or mistrust and could lead to allegations of sexual misconduct or impropriety. Therefore coaches should be aware of, and avoid all situations conducive to this risk.

Where possible, coaches/volunteers should avoid:

- Spending excessive amounts of time with children away from others.
- Taking sessions alone (always employ "Two Person" supervision).
- Taking children to their homes.
- Taking children on journeys alone in their care.

Safety

Coaches have a responsibility to ensure the safety of the participants with whom they work as far as possible within the limits of their control. Therefore, coaches should seek to create a safe and enjoyable environment for rowing and training.

In this respect:

- Regular safety checks should be carried out in relation to premises, training facilities and equipment.
- Appropriate safety rules should be adopted and implemented.
- Parents/guardians should be informed of the starting and finishing times of training sessions and events.
- A first aid kit should be available at all training sessions /events and injuries should be recorded, with a note of action taken in relation to each one. Never put injured rowers out to compete.
- Parents/Guardians should be notified of injuries/illness which their children incur while participating in any rowing activity.

In promoting "Sport for Fun" coaches should:

- Encourage participation and fun.
- Promote the development of skills as opposed to winning at all costs.
- Emphasise and praise effort.
- Act as a good role model.
- Actively discourage children/young players from abusing umpires, officials, crew mates or opponents (remove from crew).
- Insist on **FAIR PLAY** (remove from crew).
- Be realistic with your expectations.
- Be aware of children's feelings.
- Teach rowers to respect different cultures.

Children in Rowing are entitled to:

- Be safe.
- Be treated with dignity, sensitivity and respect.
- Participate in rowing on an equal basis, appropriate to their ability and stage of development.
- Be happy, have fun and enjoy the sport.
- Make a complaint in an appropriate way and have it dealt with through a proper and effective complaints procedure.
- Be afforded appropriate confidentiality.
- Be listened to and to be believed.
- Have a voice in the running of the club.

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Responsibility to Report

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