

Maidenhead Rowing Club – Code of Conduct

Code of Conduct for Junior Rowers

At all times, when practising, training, or competing at Maidenhead Rowing Club ('the Club') competitions and events, pupil rowers should:

- Follow the rules and procedures of the Club and adhere to the British Rowing rules and guidelines. Where there are specific rules and guidelines that pupils need to be aware of, these will be highlighted
- Understand and act in accordance with the rules, regulations and guidelines of the competition or event that is being attended and follow the directions of marshals, umpires and officials and accept the decisions of officials of the event
- Not take sports supplements or banned substances
- Act in a professional manner
- Treat club members, other pupils, club officials, coaches, other water users and event organisers with respect
 - Avoid swearing or shouting at others
 - Not threaten others nor engage in acts of verbal or physical abuse or other types of abuse
 - Respect the rights, dignity and worth of other participants, and not discriminate on the grounds of gender, race, colour, disability, sexuality, age, marital status, occupation or political opinion
 - Disruptive behaviour (verbal or physical) is likely to lead to non-selection for crews
 - Avoid inappropriate relationships with their coaches
- Keep to agreed timings and scheduled outings, or inform the relevant person if they are going to be late or are not able to participate in training
- Keep up-to-date with race and membership fees as well as paying for any social event attended
- Train at a level appropriate to your crew, as prescribed by the coach and captains
 - Repeated under-training is likely to lead to non-selection for crews
- Ensure you are focused, alert and ready for every outing.

- Contribute to the maintenance, cleaning, logistics, coaching and running events of all sizes
- Report broken equipment to your coach and, where possible, make the repair
- Report any accidents or incidents that occur to your coach
- Report any safeguarding, welfare or child protection concerns to either the coach or the Club's Designated Safeguarding Officer

Code of Conduct for Parents and Guardians

Parents and Guardians should recognise the rights of their children and encourage long term participation in rowing

- Remind their children to have fun when practising, training and competing in rowing – we want the children to enjoy themselves, whilst training and racing.
- Do not over emphasise winning and avoid placing undue pressure on their children to help promote long term participation of children in the sport
- Listen to, respect and take into account children's views about participation, and recognize their right to determine their participation
- Encourage their children to take responsibility for their own actions, performance and behaviour
- Not allow their children to compete when ill or injured and inform the rowing coordinator of illness or injury
- Respect officials of the club, event or competition and other participants, supporters and parents
- Respect the decisions of officials and coaches
- If your child is not selected for a crew do not contact the coach for an explanation or to complain. The coach will explain to the junior rower the reasons for not being selected

Attendance at Training

To be considered for/remain a part of the high performance/top racing group, the coaches expect a minimum attendance at 80% of training sessions (across land & water).

There is a direct correlation between the amount of training undertaken and a rower's boat moving ability.

If attendance drops below this threshold, then the coaches will review whether the rower continues to make the necessary positive impact to boat speed to remain in the high performance group/crew/squad.

Selection Process

Coaches will be responsible for crew selection.

If a rower is not selected for a crew the coaches will explain to the rower the reasons for the decision.

The coaches should not be contacted by parents petitioning for the coach to alter a decision.

Selection will be based upon how well a rower contributes to the speed of a boat.

Main contributors to boat speed are technique, endurance and power.

Other contributors to boat speed are personality type & grit/character.

Rowing is a tough sport and it takes grit & determination from a rower whilst training and racing to produce their best results.

A positive personality can increase speed whilst a disruptive/negative personality can reduce it. Experienced coaches quickly determine whether a rower's personality is having a positive or negative effect on a crew's boat speed.

Time spent rowing in small boats (singles/doubles) is a significant means of building technique/boat moving skills. The coaches will always encourage rowing in small boats when the weather /river conditions permit.

Ergos are a great tool to build power, endurance and grit. However they have limited ability to improve boat moving technique.

An old rowing expression is 'ergos do not float'. An ergo score will not be the prime consideration in selecting a rower. Just because a rower can pull a good ergo score does not mean they can make a boat move quickly.

Experienced coaches assess the ability of the rower to make a boat move quickly and this ability is monitored continuously – the ability to make this assessment is a key skill of an experienced coach.

The coaching team reviews the performance of rowers regularly. The coaching team review process is the main driver for crew selection.

Core Races in 2022/23 Season

Please add these dates to your family diary

4s Head	19 November
Schools Head	17 March
Junior Sculling Head	20 March
Junior Sculling Regatta	29 April
National Schools	26-28 May
Henley Royal Regatta	27 June – 2 July
Brit Champs	14-16 July

The juniors will compete at other events that will be communicated to families via FitClub/parent-coordinator for the specific squad.

The club will also organise Maidenhead Time Trials on our stretch of the water. These are intra club events.