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## **CODE OF ETHICS**

### **Expected Minimum Standards of Behaviour and Conduct**

***All individuals involved in rowing will, at all times:***

- Conduct themselves in a manner that takes all reasonable measures to protect their own safety and the safety of others.
- Respect the spirit of fair play. This is more than rowing within the rules – it also incorporates the concepts of friendship, respect for others and always participating with the right spirit.
- Respect the rights, dignity and worth of others.
- Promote the reputation of the sport and take all possible steps to prevent it from being brought into disrepute.
- Protect themselves and others involved in rowing from verbal or physical abuse and threatening or intimidating behaviour.
- Never use inappropriate language or gestures.
- Abide by Welsh Rowing’s safeguarding policies.
- Abide by Welsh Rowing’s Equity Policy.
- Abide by the published Anti-doping Rules.
- Take personal responsibility to ensure that they are suitably insured for their activities.

In addition;

### **Rowers and Coxes:**

- Respect the spirit of fair play in rowing. This is more than competing within the rules. It also incorporates the concepts of friendship, respect for others and always participating with the right spirit.
- Respect the rights, dignity and worth of others.
- Respect umpires, officials, coaches, rowers and spectators.
- Conduct themselves in a manner that takes all reasonable measures to protect their own safety and the safety of others.
- Never participate when under the influence of alcohol or drugs.



- Promote the reputation of the sport and take all possible steps to prevent it from being brought into disrepute.
- Accept success and failure, victory and defeat, with dignity.
- Set a positive example for others, particularly young participants and spectators.
- Protect others involved in the sport from verbal or physical abuse and threatening or intimidating behaviour.
- Never use inappropriate language or gestures.
- Never use foul, sexist, abusive, racist or any prejudicial language or tolerate it from rowers and/or team officials.

### **Coaches, Umpires and Volunteers:**

All such individuals involved in rowing will, at all times:

- Respect the spirit of fair play in rowing. This is more than playing within the rules. It also incorporates the concepts of friendship, respect for others and always participating with the right spirit.
- Respect the rights, dignity and worth of others.
- Respect umpires, officials, coaches, players and spectators.
- Relationships: Ensure a sensible balance between performance and the emotional, physical, social and developmental needs of the performers.
- Relationships: Respect confidentiality of participants and any related data at all times.
- Personal Standards: Have the participants' best interests at heart at all times and recognise when it is in the participants' best interests to be passed to other organisations.
- Conduct themselves in a manner that takes all reasonable measures to protect their own safety and the safety of others.
- Never participate when under the influence of alcohol or drugs.
- Competency: Have a British Rowing qualification / award / accreditation appropriate to the nature of the activity and the role being undertaken.
- Competency: Have a valid First Aid – Emergency Aid Certificate, or ensure that appropriate first aid provision is available.
- Personal Standards: Ensure that activities carried out by participants are suitable for their age, strength, maturity and the ability of each individual participant.
- Safety: Ensure the wellbeing and safety of each participant above all other considerations, including the development of performance.
- Safety: For any facilities used, have a working knowledge of:
  - Normal Operating Procedures (NOPs);
  - Emergency Operating Procedures (EOPs);
  - Facility risk assessments for rowing.