



LEANDER CLUB ATHLETE CODE OF CONDUCT

As a responsible athlete and member of Leander Club, I will:

- abide by all British Rowing's Policies, including Safeguarding;
- respect the rights of every athlete, coach, official and others involved in rowing and treat everyone equitably;
- participate within the rules of rowing, respect decisions of coaches and officials and demonstrate respect towards fellow athletes;
- cooperate to the best of my abilities with others involved in rowing including coaches, officials, team managers, doctors, physiotherapists, sport scientists and representatives of Leander Club and British Rowing;
- consistently promote positive aspects of rowing and never condone rule violations or the use of prohibited substances;
- anticipate and be responsible for my own needs, including being organised, having the appropriate equipment and being on time;
- inform my coach of any other coaching that I am seeking or receiving;
- act with dignity and display courtesy and good manners towards others;
- in no way undermine, put down or belittle other rowing athletes, coaches, or practitioners;
- avoid swearing and abusive language whilst at rowing venues, club functions and events, or when as part of a team/squad;
- never engage in any inappropriate or illegal behaviour, or behaviour that would bring Leander Club or rowing into disrepute;
- challenge and report inappropriate behaviour and language by others;
- not misuse or abuse sporting equipment and venues;
- not carry or consume alcohol or illegal substances while training or competing in rowing events or while on training camp;
- maintain strict boundaries between friendships and intimacy with Leander Club coaches, officials or team managers;

- use safe transport and/or travel arrangements;
- act ethically, professionally and with integrity and take responsibility for my actions; and
- abide by the Rules of Leander Club and British Rowing.

BREACH OF THE LEANDER CLUB CODE OF CONDUCT

I understand that if I do not follow the Leander Club Code of Conduct, action can be taken by the Club, and I may:

- be asked to apologise for my behaviour;
- receive a verbal warning from the Club;
- receive a verbal or written warning from the Club;
- be suspended from attending Club training sessions;
- be suspended from the Club;
- be required to leave the Club; or
- be subject to any other sanction under Leander Club Disciplinary Rules

Print name

Signature

Date: