

Nottingham Rowing Club Code of Conduct

This Code of Conduct sets out the expected behaviours for all members based on British Rowing's values:

- Teamwork - collaborating, leading and contributing towards a safe, honest, equitable and transparent community with integrity and trust.
- Open to all - commitment to an accessible and inclusive sport enabling anyone to participate in a supportive sport with dignity considerate of emotional and physical wellbeing and health.
- Commitment - everyone giving their best, striving for continuous improvement with respect for the rules, pride, contributing and sharing positive aspects of rowing.

Expected Standards of Behaviour

All members must:

1. Abide by Nottingham Rowing Club constitution, rules and regulations (including but not limited to those outlined in the club's induction pack and safety plan) as well as British Rowing regulations, rules, values and policies, including the British Rowing Safeguarding Policy, Anti-doping and Integrity Policies;
2. Comply with the rules and regulations of events, competitions or those of any other relevant organisations;
3. Behave appropriately at all times and never in a way which might bring the club into disrepute;
4. Challenge the behaviour of others which is in breach of this code of conduct, and could bring the club into disrepute;
5. Act equitably towards others and not allow any form of discrimination or victimisation to go unchallenged; Respect the rights and dignity of others;
6. Never enter into intimate relationships with those with whom there is a power imbalance and where either individual is in a position of trust towards the other;
7. Condemn cheating, competition manipulation and the use of any form of prohibited substance;
8. Maintain and store equipment appropriately and ensure the clubhouse is left in a safe and secure state;
9. Contribute to the life of the club and its smooth running, for example by volunteering to help with marshalling, catering and other duties at all club events, and by contributing to the club's cleaning and maintenance.
10. Not be under the influence of alcohol or drugs whilst participating in rowing, coaching, officiating, assisting others in rowing or any other physical activity.
11. Behave in a positive, dignified and sporting manner at all times.

Furthermore, anyone in a position of authority should lead by example conducting themselves with honesty, integrity and competence.

In addition to the behaviours outlined above applicable to everyone, Coaches, Instructors, Officials, and Umpires must:

NRC Code of Conduct March 2026

1. Conduct relevant risk assessments prior to being involved in any rowing activity, ensuring the environment is as safe as possible in accordance with the NRC safety plan;
2. Report any behaviour which concerns them or might be in breach of this Code, or NRC's and British Rowing's Rules, Regulations or Policies;
3. Observe appropriate boundaries and relationships with those whom they are in a position of trust or power;
4. Follow best coaching practice, and only assume responsibility for a role which they are qualified for and never mislead anyone as to their level of qualification or competence;
5. Create and maintain an environment which is positive, happy and promotes best safeguarding practice and British Rowing values of teamwork, inclusivity and commitment.