



## **Rules & Operating Procedures for Abingdon Rowing Club** **(Including the ARC Code of Conduct)**

**Abingdon Rowing Club is run and maintained entirely by YOU, its members. Please make sure you are aware of and follow the rules/procedures and conduct yourself appropriately.**

**The way we behave on and off the river affects the image of ARC. Behave politely and pleasantly when in contact with others, regardless of their behavior.**

### **Well Being and Safety**

- Follow the Flag Status and Boat Usage Rules, directions of the Safety Officer and general safety information before boating.
- Adhere to the rules of the river and ARA Water Safety Code.
- Consider the safety and welfare of fellow members, parents and others associated at all times.
- Raise any welfare concerns with the Welfare Officer and encourage others to do likewise.

### **Your responsibilities**

- Your ARC subscription must be current, lapsed members will be denied use of the clubs facilities. Membership of British Rowing is required to compete for ARC.
- Respect the club and its equipment, taking care when handling boats to avoid accidental damage.
- Report all collisions, damage to boats / equipment etc. to the club captain within 24 hours and fill in any British Rowing incident reports necessary.
- Help maintain the Club and its equipment by cleaning and putting away boats, blades and ergos after every use, ensuring the boathouse and training areas are clean, tidy and secure.
- Attend club (e.g. the AGM) and squad meetings when called in order that you can be kept up to date with any matters arising, raising any issues that concern you as necessary.
- Be aware of and follow the Club Constitution and Operating Procedures

### **Integrity**

- Set a good example to all other members by following the club rules, treating equipment with care, keeping the club rooms, gym and boat house clean and tidy, reporting damage and incidents immediately.
- Show loyalty to their club and fellow members by attendance and active participation during club workdays, fundraising events and willingly volunteering to help with general club duties and the HOR.
- Avoid embarrassment, offence or disturbance to our neighbors, fellow club members or others, by avoiding unnecessary noise on the stages in the early mornings or inappropriate language at any time.
- Act in a sportsmanlike manner both in training and in competition and respect the decisions of officials of the club, competitions and events.

### **Boat / Equipment Bookings**

- Always use the spreadsheet to book boats etc. adhering to average crew weight and the ability level or squad allocation that should use that boat. Reserve boats that are best suited to you and your crew.
- Do not book boats more than 7 days in advance, unless booking for a specific event.
- 20 minutes beyond booking time it becomes null and the boat is then available for others to use.
- If you no longer need your boat booking, cancel it as soon as you know, to enable others to use the boat instead.

### **Alterations to the Rules**

- The Committee may make temporary changes, having immediate effect, to these rules at their discretion. Temporary changes shall be submitted to the next General Meeting of the Club for approval.
- Permanent changes to these Rules shall not be made without the consent of a simple majority of the members present and voting at a General Meeting called for that purpose. Proposed changes to these rules must be displayed for a minimum of 10 days before the General Meeting at which they are to be discussed.

**Abingdon Rowing Club Committee**