



Golden Edge Nelson Rowing Club

CODE OF CONDUCT - ATHLETES

The primary role of the Nelson Rowing Club is to promote a healthy competitive rowing environment whilst maintaining opportunities for all rowers to participate in the sport. We do this by encouraging an appreciation for teamwork, discipline, fitness and self-worth.

This code of conduct applies to all Nelson Rowing Club rowers and coxswains. A separate document “Code of Conduct – Non-Rowers” sets out the expectations for Nelson Rowing Club management, coaches, parents and volunteers.

The code outlines your rights and responsibilities, whatever your role or ability. Rowing is a team sport which requires everyone (rowers, coaches, parents, volunteers) to focus on the preparation and competition that comes with the sport, and ensuring that your conduct does not inhibit the performance and enjoyment of the sport for yourself or others, or bring the Club into disrepute.

ROWERS/COXSWAINS:

As an athlete/rower/coxswain for the Nelson Rowing Club I understand that my responsibilities include the following:

Attendance:

- I must learn and know my training times.
- I will inform my coach in advance of missing a training session.
- I will arrive and be fully prepared for training at least 5 minutes prior to the given time.
- I will learn and know regatta travel times.
- I understand that failure to consistently attend training not only affects my performance but also the entire crew and my selection into further crews.

Behaviour:

- I will respect and listen to my coach, manager/parent help and the coxswain while at training and regattas.
- My physical appearance and attitude are representative of myself and my crew. I will represent myself and Nelson Rowing Club in a respectful manner.

- The possession or use of illegal drugs, tobacco, vape and banned performance-enhancing drugs is strictly prohibited at all times.
- I agree to abide by team rules (see “Travelling as a Club” below) concerning restriction of cell phone use, “lights out” and other rules of personal conduct when away at regattas and training camps.
- Media within my possession (movies, printed material and music) should reflect well on the Club and myself.
- I will use my best judgement when using social media and all public posts should reflect well on the Club and myself.
- My behaviour at training and regattas must be conducted with personal and team safety in mind.
- I understand the Club has zero tolerance to bullying, including via social media and digital communication and I will abide by this rule.

Additional points for Rowers (over the age of 18) with respect to Behaviour:

- I agree to model good behaviour at all times and at all events. This includes respectful communication, maintaining a smokefree environment and making responsible choices around alcohol.

Additional points for College Rowers with respect to Behaviour:

- The possession or consumption of alcohol when representing the Club or your school is strictly prohibited at all times.
- When competing at school regattas I will represent my school in a respectful manner, bearing in mind the above points with respect to physical appearance, attitude, team rules, social media and bullying.
- All school rules apply when representing your school at a school regatta.

Equipment:

- Nelson Rowing Club equipment including boats, oars, cox boxes, ergs and weights equipment are the property of the Club. I agree to treat all Nelson Rowing Club property and equipment with due respect in an effort to avoid damage and wear.
- I agreed to abide by the Health & Safety rules of Nelson Rowing Club.
- I will report damage of club or gym property to my coach or trainer in a timely manner.

Effort:

- Rowing is a team sport and I am not more important than the team.
- Training is physical and mental preparation for racing. Therefore, in order to perform to my best on race day I need to put in my best efforts at training and regattas.
- Crew selections are made by coaching staff in the interests of the whole squad and they may not always be consistent with my own personal interests.

- Objective measures such as erg times and seat racing may be used to select crews however, the Coach's professional observations of athleticism, attitude and effort will be among their first considerations in selecting crews.

TRAVELLING AS A CLUB

Rowers travelling with the Nelson Rowing Club represent themselves, the Club, the sport of rowing and their community when they travel to regattas and events.

The Nelson Rowing Club wants to project an image that makes all of us proud of our sport and our rowers. Therefore, all athletes representing the Nelson Rowing Club should abide by the following responsibilities. These apply from the point of departure until returning home.

Athletes/Rowers/Coxswains:

- Agree to abide by the Code of Conduct - Athletes
- Will abide by the decisions of the Regatta Manager and Coaches, including bedtime and lights out.
- Always wear your Nelson Rowing Club and/or school uniform with pride. It is a privilege to represent your club and/or school.
- Always display excellent manners and responsible behaviour. Be courteous and show respect at all times (thank your drivers, coaches, Regatta Manager and parent helpers). Be polite to staff and other guests at accommodation and be respectful of Regatta Officials.
- The possession or use of illegal drugs, tobacco, vape and banned performance-enhancing drugs is strictly prohibited at all times.
- Support, encourage and look after every other Nelson Rowing Club team member.
- Accommodation etiquette of the highest calibre is mandatory. Remember to clean and tidy up after yourselves.
- All rowers must respect each individual's need for rest and/or study times.
- Curfews, as determined by the Regatta Manager and Coaches must be adhered to at all times.
- Rowers should take responsibility to report any behaviour that does not adhere to the Code of Conduct to the Coaches, Regatta Manager and/or parent helpers.
- In the case of misbehaviour or where disciplinary issues arise, the Regatta Manager may deal with such matters immediately, and where it is considered appropriate, no further action may be taken. In any event, all instances involving alcohol or drugs must be reported to the Regatta Manager, Club Captain and/or Senior Coach.


Consumption of Alcohol:

- For rowers under the age of 18, the possession and consumption of alcohol is strictly prohibited at all times.
- For rowers 18 years and over, you agree to model good behaviour at all times including making responsible choices around alcohol.
- If you are 18 years old and representing your school, please remember that school rules apply (ie. No alcohol).

Additional points for College rowers:

- Male and female rowers can socialise in each other’s rooms with the door open, and with the express permission of all occupiers of the room.
- Athletes from other teams may be allowed in rower’s rooms with the door open, and with the approval of the Regatta Manager.
- Use cell phones appropriately. Cell phones are to be switched off at “lights out”. If cell phones are used inappropriately, they may be confiscated until the end of the regatta.
- Rowers who wish to leave the accommodation may do so if accompanied by at least one other rower (ie, cannot leave on their own) and must have permission from the Regatta Manager and check back in with the Regatta Manager at the agreed time.

Code of Conduct – Athletes
Agreed:



Signature (Chair) *Treasurer*



Date

Review Schedule: Annual
Review Date: July 2025
Supporting Documents: NRC Social Etiquette & Conduct Code
NRC Health & Safety Policies
RNZ Water Safety Code
NRC Child Protection Policy
NRC Complaints Policy
NRC Complaints Procedure