
RULES

1 Club Rules

- 1) All potential new members to the Club are to be offered a free trial period of one month, with the permission of the Club captain.
- 2) A list of all Club members together with phone numbers and addresses will be held by the committee.
- 3) There will be no smoking on Club premises or in the Club launch whatsoever for safety reasons.
- 4) In the event of damage to Club equipment, the crew so causing the damage be held responsible for making good the repair or replacement of the equipment unless the committee see any reason why the expense should be borne by the Club.
- 5) All accidents and incidents must be recorded in the Damage Log or on Incident forms, these will be reviewed regularly by the committee.
- 6) Private boats may be stored in the Boathouse, these are subject to a Rack Rent, to be set annually by General Meeting and displayed in the clubhouse.
- 7) Any member wishing to obtain a key to the boathouse should apply to the committee.

2 Junior Club Rules

WARRINGTON RC is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect, are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the club Welfare Officer, whose name and photograph is displayed on the Junior Notice Board.

As a member of WARRINGTON RC you are expected to abide by the following junior club rules, in particular the Safety Regulations and Policies.

- 8) During any trial period, juniors will only be allowed to row coxed quads, coxed doubles or training boats.
- 9) All juniors will be required to participate in a capsize drill and swimming test. Only on completing this will juniors be allowed to row in single boats, other than training boats.
- 10) Rowing will only take place during times agreed with the Junior Coach. Agreed times will be displayed in the clubhouse. Other sessions may be organised from time to time. It is the responsibility of parents of guardians to ensure that juniors are collected promptly at the end of these sessions.



- 11) There must be at least one ARA qualified coach in attendance at all times when juniors are on the water. Acceptable qualifications are; Coaching assistant, Instructors Award, Bronze, Silver or Gold Awards.
- 12) One coach must hold the ARA Instructors Award as a minimum qualification.
- 13) A manned safety launch must be on the river at all times during junior sessions. The launch driver must hold a RYA level II launch drivers certificate as a minimum qualification.
- 14) All equipment to be used for junior rowing will be allocated by the Junior Coordinator. No equipment is to be taken without the express permission of the Junior Coordinator.
- 15) Juniors are defined as being between the ages of 10 and 18 years, anyone younger will only be permitted to row under exceptional circumstances and with continuous parental supervision.
- 16) Members must pay any fees for training or events promptly.
- 17) All junior members must abide by the rules and regulations of WRC and the ARA.
- 18) All members must respect officials and their decisions.
- 19) All members must respect opponents.
- 20) A willingness to adapt, develop and sustain a "positive attitude" towards personal and club objectives in all activities is required, together with a willingness to co-operate with other club members and staff.
- 21) Behaviour and personal conduct must at all times be of a high standard and designed to reflect favourably on the athlete, the club, the town and the sport.
- 22) Language in public or relevant group situations must always be appropriate and socially acceptable.
- 23) Alcohol is totally forbidden for athletes under age as defined by law.
- 24) Smoking is totally forbidden for all athletes under age as defined by law.
- 25) Performance enhancing drugs: The ARA retains a list of banned drugs and any use of drugs on this list will lead to suspension of activities by the ARA.
- 26) Illegal drugs and substances: The use of these drugs even though they may not appear on the official banned list in respect of enhancing performance drugs is nonetheless prohibited.
- 27) It is important that information on all medication being currently taken and any existing medical conditions should be reported to the club staff who will report it to the relevant personnel.

