

Club Code of Conduct

Code of Conduct for All Paddlers

- Adults should avoid putting themselves in a one-to-one situation with junior members, particularly in the changing rooms. Parents / guardians should make sure their children avoid being in a one-to-one situation with an adult. Obviously parents / guardians can be with their own children.
- Always wear a buoyancy aid and helmet whilst paddling.
- Report all hazards and accidents to a Club Committee member or Coach.
- Report or take any damaged equipment to your Coach or a Club Committee Member.
- Always follow the instructions of your Coach.
- No smoking or drinking alcohol or using illegal substances on Club premises
- Pay membership and other fees promptly.
- The Club has two parking spaces, if these are full, park away from the Club. Do not park at the Club during coached sessions as the space are needed for the trailer and getting boats in and out
- Do not park in or block spaces within the mill complex allocated to residents.
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Bullying and harassment will not be tolerated in the Club. If you feel you have a grievance report this to a Coach or Committee Member. Do not stay quiet.
- No unauthorised swimming on our home waters.
- Be ready and at the water's edge for commencing coaching at the start times advertised. (Parents/guardians should help their children to achieve this rule).
- Treat Club equipment with care and put equipment away tidily and in the right place.
- All members must play within the rules and respect officials and their decisions.

Additional Code of Conduct for Under 18's and their parents

- Under 16's must never paddle on our home water without a Coach or their parent/guardian being present.
- Those 16 or over but under 18 can paddle with others on home waters without a Coach or their parent/guardian under the Young Persons Paddling Policy, as long as the coaching panel approves them.
- Never go on the water without your parent's/guardian's permission.
- Parents must educate themselves regarding the assumed risks of canoeing activities.
- No drinking alcohol, smoking or using illegal substances during Club activities.

Sensible Guidelines

- Know your limits and paddle within them. To increase your skills and experience paddle with other who can help you improve safely.
- Always assess the water conditions. The top weir of home water gives the best guide. No water breaking over the top is the safest condition; water just breaking over the top of weir requires experience plus good skill levels. If the weir is washed out this means extreme danger plus unlikely safe egress.
- Only paddle weirs if supervised by a Coach or if you know and have experience of paddling them. Weirs kill at all levels of water regardless of ability. If in doubt! Don't!!
- Paddling alone is not recommended. Paddle in a group of 3 or more.
- Always make sure someone knows your whereabouts and estimated times of paddling.
- Know the symptoms of Weil's disease and the precautions you should take to reduce the risk. Showering after paddling is a good idea.

- Hypothermia kills, dress appropriately for the conditions, know the symptoms and how to treat it.
- Never be afraid to ask questions.
- Be respectful of our neighbours, keep out of gardens and do not block their access or parking spaces.
- Protect the environment; always follow the country code and BCU Canoeists Code.
- Make sure you know the access situation for the water you are paddling on.
- Always use good manual handling techniques to minimise stress and avoid injury when moving boats or equipment.
- Coaches and Committee Members are volunteers, please respect this and recognise their efforts.