

## **Halifax Canoe Club**

### **Code of Conduct**

#### **Code of Conduct for All Paddlers**

- Always wear a buoyancy aid and helmet whilst paddling.
- Always follow the instructions of your Coach.
- 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.
- 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.
- 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 is 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 in our home waters.
- Be ready and equipped for your coached session. (Parents/guardians should help their children to do this).
- 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.
- Parents should ensure their children are collected promptly at the end of coaching sessions (see the Club's Policy on the Collection of Children and Young People).

### **Sensible Guidelines**

- Always assess the water conditions before paddling - refer to guidance in the club **River Condition Policy**.
- Educate yourself about the risks associated with paddling and how to stay safe when paddling.
- Know your limits and paddle within them. To increase your skills and experience paddle with others who can help you improve safely.
- 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 access to their properties or parking spaces.
- Protect the environment; always follow the country code and BC 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.