

# Hemel Hempstead Canoe Club

## Code of Conduct and Club Rules

### Code of Conduct

It is the policy of Hemel Hempstead Canoe Club (HHCC) that all paddlers, volunteers, coaches and parents show respect and understanding for each other and act in a way that reflects the Code of Conduct of the Club. The aim is for all paddlers to improve performance and have fun.

HHCC operates on an informal basis, whereby club members can enjoy the use of club facilities and equipment at any time. There are no paid members of staff: maintenance, cleaning and operational aspects of the club are handled by volunteers.

In order to operate on this basis, all members are requested to take responsibility for the care and condition of club facilities, boats and other equipment.

This includes:

#### **Paddlers**

- Take care of all property belonging to the club or club members
- Treat other club members with respect at all times — on and off the water — treat other paddlers as you would want to be treated yourself
- Control tempers and avoid behaviour which may inconvenience or upset other club members, users of the Nash Mills compound, water users, fishermen and other users of the towpath
- Co-operate and listen to your coach or club officials
- Return boats and paddles to storage in the location that they were taken from
- Carry, launch and use club boats and paddles with due care
- Handle gym equipment with due care
- Lock the club boatshed and clubhouse after use
- Lock the entrance gate to the compound if the last to leave
- Report damage of a boat or other equipment to a member of the Committee immediately, either by telephone, email or by leaving a note in the clubhouse
- Make good any damage to club or others property in a professional manner, or if necessary replace
- Wash up cups, spoons etc. after use and wiping down the sink area
- Leave the changing rooms in a clean and tidy state after use, and turn off lights and fan
- Help out with cleaning the clubhouse, changing rooms and gym as required
- Only use club boats or boats you have the owners' permission to use.

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### Club Officials, Coaches and Volunteers

- Consider the well being and safety of paddlers before the development of performance
- Develop an appropriate working relationship with performers, based on mutual trust and respect
- Make sure all activities are appropriate to the age, ability and experience of those taking part
- Display consistently high standards of behaviour and appearance
- Follow BCU and club guidelines and policies
- Hold the appropriate, up-dated qualifications and insurance
- Encourage paddlers to value their performance and not just results
- Never condone the use of prohibited substances.

### Parents/Guardians

- Help your child to recognise good performance, not just results
- Never force your child to take part in sport
- Never punish or belittle a child for loosing or making mistakes
- Publicly accept officials' judgements
- Support your child's involvement and help them to enjoy the sport
- Use correct and proper language at all times
- Set a good example by applauding good performances of all paddlers
- Do not go beyond your capabilities, especially when supervising juniors. If in doubt, seek advice.

ANY MEMBER FOUND TO BE IN BREACH OF THIS CODE MAY BE ASKED TO LEAVE THE CLUB AT THE DISCRETION OF THE EXECUTIVE COMMITTEE

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## Club rules

### General rules

In addition to the club Code of Conduct, all members must observe these basic rules:

- Members must be able to swim 50m and be confident swimming in cold water
- No club member may go on the water or use gym equipment under the influence of drugs or alcohol
- No smoking is permitted inside any of the boat stores, clubhouse or toilet
- No member must deliberately damage boats or equipment, or cause damage by carelessness
- Overnight stays in the clubhouse are not allowed except in exceptional circumstances with committee approval
- HHCC is a canoe club and as such should not be used as a base for primarily social activities, storage of fishing equipment etc.

ANY MEMBER FOUND TO BE IN BREACH OF THESE RULES WILL BE ASKED TO LEAVE THE CLUB WITH IMMEDIATE EFFECT

### Additional rules for juniors (Under 18s)

(Applicable on our home waters at Nash Mills)

- All juniors must submit a signed parental consent form, including emergency contact details, prior to use of the club or club equipment
- Juniors must wear a buoyancy aid at all times unless Competent\*
- Juniors must be Competent\* to be allowed to use club boats without supervision from an adult or an over 16 Competent\* junior
- No Junior may take another junior on the water unless (s)he is over 16 and Competent\*. (S)he can then take no more than two non-competent juniors
- Juniors must be Competent\* to be allowed to use spray decks on closed cockpit boats
- Juniors must not go out on the water alone, at any time
- Juniors must be off the water before sunset, unless accompanied by an adult or over 16 Competent\* junior
- Lock gates and associated turbulent waters are to be avoided at all times
- Juniors are not permitted to do "free weight training" unless an adult is present supervising.

### Competent Junior\*

A 'Competent' junior is defined as:

- A division 6 or above marathon racer
- A division 3 or above slalom paddler
- BCU 2 Star certificate or above
- A junior who has successfully completed a safety/competence test in front of an approved club official.

ANY JUNIOR MEMBER FOUND TO BE IN BREACH OF THESE RULES, OR THE GENERAL CLUB RULES WILL BE ASKED TO LEAVE THE CLUB WITH IMMEDIATE EFFECT