

# **SOUTHAMPTON CANOE CLUB JUNIOR CODE OF CONDUCT**

**This Policy applies to all junior members of Southampton Canoe Club. It has been created with support from British Canoeing and the Junior paddle groups.**

It is the policy of Southampton Canoe Club that all paddlers, volunteers, coaches and parents show respect and understanding for each other and conduct themselves in a way that reflects the principles of the Southampton Canoe Club. The aim is for all paddlers to improve performance and have fun.

## **Paddlers - for each session I will aim to:**

- Wear the right kit for the conditions and to go home in
- Understand the session
- I will communicate with and listen to my coach
- I will bring a Water bottle to training
- Try my best in every effort of every session
- Know my limits
- Bring Food to eat after session
- Keep a training log and reflect on what I have learnt
- I am committed to my goal
- I am ready at least 5 mins ahead of the session
- I have a growth mind-set and am trying new things
- Will take care of all property belonging to the club or club members
- Control my temper, language and avoid behaviour that may upset others
- Be considerate and respectful to other paddlers and water users - treat others as I would wish to be treated.

## **I will not:**

- Be late
- Be rude
- Hold up the session
- Forget things regularly
- Distract the athletes around me stopping them from being the best they can be.
- Leave a session without the permission of a coach or leader

## **From my coach I would like:**

- Positivity
- Set a regular plan in advance
- Set and explain clear outcomes for each session and review against them
- To focus on me and my outcomes
- To be on time and organised
- Work with me to set learning goals for each race




- Review race results
- Encouragement

Junior members are not permitted to smoke, consume alcohol or drugs of any kind whilst on club premises or representing the club at events.

Breaches of this code of conduct will be dealt with immediately by a Southampton Canoe Club official, persistent concerns or breaches may result in you being asked not to attend club activities or events if your attendance is considered detrimental to the welfare of any member participating.

**Continued issues and repeated breaches may regrettably result in the club asking you to leave the session, event or club.**

The Club will review this code of conduct annually.

Signed:  Chairperson

Date: 08.03.2021