

Aberdyfi Rowing Club Code of Conduct

(Guided by the [British Rowing Code of Conduct April 2025](#))

The Aberdyfi Rowing Club (ARC) Code of Conduct sets out the expected behaviours for all participants based on ARC values:

- **Teamwork** – (collaborating, leading and contributing towards a safe, honest, equitable and transparent community with integrity and trust).
- **Open to all** – (commitment to an accessible and inclusive sport enabling anyone to participate in a supportive sport with dignity considerate of emotional and physical wellbeing and health).
- **Commitment** – (everyone giving their best, striving for continuous improvement with respect for the rules, pride, contributing and sharing positive aspects of rowing).

Expected Standards of Behaviour for Everyone

All individuals must:

- **Obey Welsh Sea Rowing (WSR) Regulations (to which ARC is affiliated), including:**

- WSR Rules*,
- WSR Values and Policies*,
- The Welsh Sea Rowing Safeguarding Adults Policy*,
- The Anti-doping and Equality Policies*,
- The ARC Club rules (please refer to the ARC Handbook),
- Event, Competition or relevant organisation rules.

- **Behave appropriately at all times** and never in a way which might bring rowing or ARC into disrepute;

- **Challenge the behaviour of others which is inappropriate**, in breach of Welsh Rowing Regulations, Rules or Policies or might bring the sport into disrepute;

- **Act equitably towards others** and not allow any form of discrimination or victimisation to go unchallenged;

- **Respect the rights and dignity of others;**

- **Only enter into intimate relationships with those with whom there is no power imbalance** and neither individual is in a position of trust towards the other;

- **Condemn cheating**, competition manipulation and the use of any form of prohibited substance; and

- **No one should be under the influence of alcohol or drugs** whilst participating in rowing, coaching, officiating, assisting others in rowing or any other physical activity in any rowing club premises which might lead to any unacceptable behaviour.

- **Take responsibility for their own safety and the safety of other ARC members.**

[Coaches, Instructors, Officials, Umpires and Volunteers](#)

Anyone in a position of authority should lead by example conducting themselves with honesty, integrity and competence. In addition to the behaviours outlined above applicable to everyone, Coaches, Instructors, Officials, Umpires and Volunteers must:

- **Conduct appropriate risk assessments prior to being involved in any rowing activity**, ensuring the environment is as safe as possible in accordance with Welsh Sea Rowing's Row Safe guidance;
- **Report any behaviour which concerns them** or might be in breach of this Code;
- **Observe appropriate boundaries and relationships** with those they are in a position of trust with;
- **Follow best coaching practice** being clear about the services offered, any costs involved and the right of athletes to seek advice from other coaches or experts;
- **Only assume responsibility for a role which they are qualified for** and never mislead anyone as to their level of qualification or competence; and
- **Create and maintain an environment which is positive**, happy and promotes best safeguarding practice and ARC values of teamwork, inclusivity and commitment.

*Links to:

[Welsh Sea Rowing Categories and Rules](#)

[Welsh Sea Rowing Safety Guidance](#)

[Welsh Sea Rowing Policies and Documents](#)

[Welsh Sea Rowing Safeguarding Adults Policy](#)