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## Code of Conduct

It is the policy of Addlestone 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 Club. The aim is for all paddlers to improve performance and have fun.

Everyone involved in the Club should abide by the Club Rules and Policies.

### 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 affect or upset others.
- Always sign in the logbook when attending the club.
- Be on time for training sessions and participating events or inform your coach if you know you are going to be late.
- Cooperate with and respect all requests and decisions made by the coaches, helpers, officials, and administrators.
- Be considerate and respectful to other paddlers and water users and other members of the public. Treat other people as you would want to be treated yourself.
- Do not leave sessions without the permission of the coach or leader.
- Respect all wildlife i.e. swans, ducks, and fish etc. and do not disturb it in any way, shape, or form.
- Respect the environment and riverbank. Seal launching is not permitted in any location that is likely to damage the bank or boat. Seal launching can lead to erosion.
- If you have an issue that you feel conflicts with the rules, tell an appropriate adult i.e. a coach or approved club helper and they will try and resolve it for you.
- Follow the Paddlers' Code.

### Club Officials, Coaches and Volunteers

- Consider the wellbeing 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 British Canoeing 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/Carers

- 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 losing or making mistakes.
- Publicly accept official's or coach's 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.

## The Paddlers' Code

- If you need to drive, team up with others to reduce pollution and congestion on roads.
- Park respectfully, do not cause obstructions or damage the local area. Leaves space for emergency vehicles.
- Keep group sizes small and discrete where possible.
- Unpack equipment and change in a discrete and considerate way.
- Avoid climbing over and damaging fences and walls. Use gate, styles, or look for open passage to the water.
- Give other users space, avoid lingering, causing a disturbance. Pass others on the right hand side.
- Be friendly, be welcoming and respectful of those you meet along the way. Be nice, say hello, and share the space!
- Be kind to nature and wildlife. Be aware of breeding and nesting seasons. Minimise noise and keep a distance.
- Avoid gravel beds in rivers. Disturbing spawning grounds for fish and other species can be considered a criminal act.
- Banks can be sensitive to erosion or to vulnerable species. Try to avoid them by sticking to established paths.
- Avoid dragging or sliding craft on the bankside. Try to float your craft for launching and landing.
- Check, clean, and dry your kit after each trip. This is key to helping stop the spread of invasive, non-native species.
- Be prepared! Always wear or carry appropriate safety equipment and carry a means of contacting the emergency services on your person.
- Check you have the appropriate leash for the environment if paddling SUP. Check your craft/equipment before each trip.
- Plan your adventure! The weather can change rapidly including sudden storms, rain, snow, fog, mist, swell and tides and affect water levels, vision, temperature, comfort and safety of you and the group. Check river levels and avoid offshore winds.
- Ensure you are equipped for the trip and that it is within the capabilities of you and your group.
- Be aware of potential hazards, such as weirs, overhanging trees, and tidal waters. Look out for warning signs.
- Look out for bacteria, viruses or toxic algae. Don't enter water that looks or smells bad. Report to the Environment Agency.
- Leave no trace, take only photographs, and leave only ripples.



- Having the correct waterways licence helps to preserve our precious rivers and canals.