

CAZENOVIA ROWING CLUB

Rights of Individuals

All participants in rowing, including children, competitors, coxes, coaches, umpires, marshals and spectators have the right:

To enjoy safe participation in rowing

To be treated as individuals at all times

- To express their views
- To be listened to and believed
- To determine their own goals and participation in rowing
- To seek and receive support to help them develop
- To balance rowing and other aspects of their life

To be treated with respect

- To enjoy an environment free of discrimination
- To participate free from the threat of abuse, including verbal abuse, bullying, outbursts of rage, neglect, and sexual harassment
- Not to be subject to humiliation, shame or insult

Not to be exploited

- Not to be pressured to train or compete
 - To adequate rest and recovery
 - Not to train or compete when ill or injured
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Code of Conduct for Rowers & Participants

At all times, when practicing, training or competing, rowers and participants should:

Follow the rules and procedures of

- Cazenovia Rowing Club
- USRowing
- The competition or event

Respect the rights, dignity and worth of others

- Act in a sportsmanlike way
- Avoid swearing and shouting
- Do not threaten others nor engage in acts of verbal or physical abuse
- Keep to agreed timings, or inform the relevant person if they are going to be late

Treat the equipment with care and respect

- Learn and follow proper boat handling on land and water
- Do not use damaged equipment, report it for repair
- Participate in boat maintenance and repair
- Keep the boat racks and dock area free of litter and debris

Represent the CRC at events

- Follow the directions of marshals, umpires and officials
 - Accept the decisions of officials
 - Support teammates during entire event
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