



Graiguenamanagh Rowing Club
Information Booklet
2024/2025

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Welcome to Graiguenamanagh Rowing Club!

I would like to offer you a warm welcome to the Graiguenamanagh Rowing Club. At our club we pride ourselves in offering a fun and positive environment for children, young people, and adults to learn to row, every member is valued no matter what their ability. The club offers the chance to row competitively and recreationally with an emphasis on fitness and having fun. The club was founded in 2001 by Brian Roberts and is located in Graiguenamanagh along the banks of the river Barrow. Our 2.5km course is among the most scenic in Ireland and we feel very blessed to have this resource at our fingertips.

Through hard work and dedication, the club has grown from strength to strength and today Graiguenamanagh Rowing Club is one of the largest rowing clubs in Leinster and has doubled in size in the last decade. We are lucky to have members from the local community and further afield. As well as various away regattas throughout the year, members get to engage in a number of fun activities such as hosting two home regattas, touring/camping trips and barbecues throughout the year.

We look forward to welcoming you to our club and supporting you regarding your rowing journey.

Yours,

Thelma Cantlon

Captain

Vision of Graiguenamanagh Rowing Club – Club ethos

Graiguenamanagh Rowing Club aims to provide a happy and safe environment where children, young people and adult members of all abilities can learn to row and enjoy the sport. We undertake to treat each member equally and to encourage fair play, team spirit and friendship.

Rowing is a competitive sport, but our Club training sessions are open to all children, young people, and adults regardless of their ability, gender, colour, sexuality, or religion. We want our coaches to contribute their best efforts to the development of all rowers within the Club for optimum capacity, whatever their level of ability.

We pledge to keep the interests of our members to the foremost in our minds. We ask for all adults involved with the Club as Committee, Coaches, Adult Members and Parents to do their bit to encourage fair play as well as commitment. We wish to support all our rowers, whether they engage in competitive or recreation rowing.

The work of Graiguenamanagh Rowing Club is based on the following principles that will guide the development of rowing in this Club.

Integrity in Relationships

Interactions between all our members (juniors and adults) as well as parents should be done so with integrity and respect. All actions in rowing should be guided by what is best for the individual rower in the context of quality, open working relationships. Verbal, physical, emotional, or sexual abuse of any kind is unacceptable and will not be tolerated.

Quality Atmosphere

Rowing and related duties should be conducted in a safe, positive, and encouraging atmosphere. The club wishes to promote a positive culture for all its members, children, young people, and adults alike. This is the responsibility of each member and parent to foster this culture within the club. In relation to the junior section of the club, a child-centred ethos will help ensure that competition and specialisation are kept in their appropriate place, linked with the child's ability, age group and commitment to training. The onus is on all members and parents to lead by example in creating an atmosphere that benefits the club and the clubs' members.

Fair Play

Sport Ireland state that 'all children's sport should be conducted in an atmosphere of fair play'. This quote also applies to our adult members. Fair play is much more than participation in the sport within the rules. It incorporates the concept of friendship, respect for others and always rowing with the right spirit. Fair play is defined as a way of thinking, not just behaving.

Competition

A balanced approach to competition can make a significant contribution to the development of children, young people, and adult members, while at the same time providing fun, enjoyment and satisfaction. Coaches should aim to put the welfare of its members first and competitive standards second.

Teamwork

Rowing allows for individual and crew participation. Regardless of which discipline a child, young person, or adult rows in, they are part of a club that fosters team spirit and supporting one another. Commitment to a common goal of supporting one another is core to the Club's ethos and the expectation of each member and parent connected to the club.

Club Structure – Committee

The following are the committee positions and persons nominated to fill the role:

Captain: Thelma Cantlon

President: Ronan Blanchfield

Club Secretary: Maria Raggett

Club Treasurer: Paul Donohue

Safety Advisor: James Doyle

Equipment Officer: Andrew Hennessy

Public Relations Officer: Rosy Cantlon

Child Safety Officer: Jennifer Patterson

Ordinary Member 1: Dan Walsh

Ordinary Member 2: Niall Kidd

Ordinary Member 3: Aidan Wickham

Junior Representatives

The following are the junior representatives voted into their roles by the junior membership at the AGM.

Female Junior Representative: Emily Butler

Male Junior Representative: Luke Hennessy

Club Structure – Coaches

Junior Coach Structure

Beginner Junior Head Coach: Andrea Hennessy

Beginner Assistant Coach: Mag Hennessy

J12 – J14 Women & Men Head Coach: Andrew Hennessy

J15 – J18 Women & Men's Improver Group Head Coach: Andrew Hennessy

J15 – J18 Women's Head Coach: Aidan Wickham

J15 – J18 Men's Head Coach: Jennifer Patterson

Assistant Junior Coach: Thelma Cantlon

Assistant Junior Coach: Rosy Cantlon

Assistant Junior Coach: Niall Kidd

Adult Group Leader Structure

Beginner Adult Head Coach: Nick Cashin

Beginner Adult Assistant Coach: Paul Donohue

Beginner Adult Assistant Coach: Olivia Condon

Recreational Rowing Group Leader: Mag Hennessy

Recreational Rowing Group Assistant: Nick Cashin

Racing Men Group Leader: Brian Cross

Racing Women Group Leader: Grainne Harris

Club Structure – Junior Section

The Graiguenamanagh Rowing Club was established in 2001 with the focus of the club on junior rowing, and although an adult section of the club developed some years later, the junior section of the club has always remained a priority of the club.

Rowing is open to all junior members following their eleventh birthday. **(Please note, if your child joins the club aged 11 years, it will be approximately two years before they will be attending regular competitions. During the two years, they will be developing their rowing technique).** A further requirement is that each junior rower must be able to swim (25 metres) and thread water.

Rowing Ireland Rules 2022 outlines that a junior is a competitor who is under the age of nineteen years on the 31st August of the year of competition.

The following are the racing categories: Junior 13, Junior 14, Junior 15, Junior 16, and Junior 18.

Touring boats (wider, boats that balance well on the water) are used to introduce beginners to rowing and it is in these boats that they learn good rowing technique. Every young person develops their rowing technique at their own pace, and they will be supported by their coach to progress.

In the Junior Section of the club, there is no recreational section, and once a junior has shown sufficient skill levels and good rowing technique, they will progress to the Junior Women or the Junior Men racing groups within the club. This means a change from rowing in touring boats to racing boats.

There are opportunities for junior rowers to row in quads (four-person boat with or without a cox), doubles (two-person boat) and singles (one person boat). From the age of 15 years, junior rowers can learn and partake in sweep rowing and compete in competitions. This provides them with the opportunity to row in an eight (eight-person boat with a cox), a four (four-person boat with a cox) or a pair (two-person boat).

There is an expectation on each junior rower to participate in coxing (please see section on coxing). Without those who cox, it would not be possible to get crews out on the water. Coxes are invaluable, and simply put, the club would not function without them. Not only should a junior rower become proficient at rowing, but they should also aim to become proficient at coxing and assist in carrying out this role whenever asked by a coach.

The Graiguenamanagh Rowing Club attend a number of regattas (side by side races) and Head of the River (time trial races) throughout the year, approximately 12 - 15 races in the year. Races are competitive and generally a distance of 1000m – 2000m depending on the event and age of the young person. The longest event is the Barrow Challenge (J16 and older) which is 18km in length.

Beginner junior rowers train once a week on a Sunday morning. Training increases up to four days a week, when moving from beginner rowing to the junior women racing section or the junior men racing section. Summer training will involve mostly water-based training, whilst winter training will involve indoor training which includes circuits, yoga and erg training (rowing machine training).

Club Structure – Adult Section

In 2022, the adult section of the club undertook a restructuring. With the increased number of adults rowers in the club the decision was made to restructure the adult section of the club. This decision was taken to develop two distinctive strands of the club - a recreational rowing strand and a competitive (racing) strand. This decision was also made to align with Rowing Ireland registration structures. As both strands have fundamental distinctions from one another (as explained below), in order for them to develop and for members in both groups to get what they want out of rowing, a structural change in how the adults are organised and train will be put in place. These changes mirror how other longer established clubs organise their adults which we have emulated.

Recreational Rowing

Recreational rowing is perfect for people of all ages who wish to row in a friendly and fun environment. Recreational or 'touring' rowing offers a great alternative to competitive rowing. Although there is an element of racing, it is not the main focus and often races are friendly and low key. It provides a setting for rowers who want to row for fun or fitness, or to develop their skills without the pressure of competitive squad training. Recreational rowing allows rowers to develop their rowing skills and fine tune their technique in the comfort of a touring boat. Rowers may wish to remain in this group due to the low key, fun and relaxed nature of the group, or they may wish to use this group to develop their skills further with the view of transitioning into the racing rowing group. Rowers ideally should have a reasonable level of fitness, but each individual can decide how hard they want to train and push themselves. Trips on the water can include a mixture of social trips where rowers are chatting to one another while rowing or it can also include more focused pieces of training in the build up to a regatta. There is no expectation on an individual rower to race even at recreational regattas, it is up to them to choose what they would like to do. Recreational rowing brings a bit of craic to any rowing club and is a fundamental part of our club.

Racing Rowing

Competitive rowing by its definition is competitive. Rowers often train and compete in singles, doubles, quads, and eights. Racing style boats are used by rowers in this category which are often slim and lightweight in comparison to a touring boat. The types of crews/individuals that compete in these competitions, particularly in established clubs, have often been competing for years and train several times a week, therefore there is a need for our club and crews to become organised and train for regattas/Head of Rivers. There is an emphasis on preparation and individuals and crews will often train together weeks and months in advance of a race. Technique and balance are a huge focus of every trip and individuals and crews have to be able to work hard and stay focused. Often there are training plans that are followed. All round fitness is a key component also. Training on the water is focused and little opportunity for casual chitchat on the water, this is done off the water. There is generally an increased knowledge amongst individuals and crews of rowing technique and how to handle the boat on and off the water. As there is more of a focus on racing in this group, regattas and Heads of Rivers are attended by individuals and crews from the club throughout the year.

Adult Structure

Adults are assembled into four groups which are:

Adult beginners' group (male and female)

Adult recreational group (male and female)

Adult men's racing group (seniors and masters)

Adult women's racing group (seniors and masters)

Depending on which group an individual is in will determine what type of rowing they will primarily focus on and what category they are registered with Rowing Ireland. Individuals will mostly train per their category i.e.; recreational members will train together in boats and women's racing or men's racing will train individually or in crew boats.

When crew boats are not training for races, there is opportunity for recreational and racing rowers to mix, especially on a morning/evening where there might be limited numbers in each group.

Moving Between Adult Rowing Groups:

Adult Beginners Rowers

New members who have never rowed before will join the Beginners' Group to learn basic rowing skills and boat handling.

Moving from the Beginners' Group to the Recreational Rowing Group

When coaches feel that a new rower can row consistently with reasonable technique, they can move into the recreational group.

Rowing with the recreational group will allow them to further develop their skills in crew boats (mainly 4x+), and to take part in events such as recreational rowing regattas and touring trips.

All rowers in the recreational group will also learn to cox and will be expected to rotate coxing duties.

Rowers in the recreational group can learn to row in a single and double (using pontoons starting off). **Permission needs to be sought from the group leader, safety officer or captain to go on the water in a single or a double.** The rower will need a knowledge of the navigational route of the river. There **must be another person** on the bank to help assist the rower with steering and hazards and to support the rower if they capsize.

Moving from the Recreational Rowing Group to the Racing Groups

Rowers who are in the recreational group may be happy with all the benefits this group provides in terms of fun, fitness and friendly competitions and may never wish to move into the racing groups.

However, if a recreational group rower does want to move into the racing group, they will need to do the following:

Demonstrate the required competencies in boat handling, safety, sculling/sweep technique and coxing (see list below)

Have rowed (including some coxing) for at least one year.

Have entered some recreational rowing races during that year.

Be able to give the commitment expected in the racing group.

Anyone wanting to move into a racing group will need to speak to the group leaders and captain.

Moving between groups will usually only happen at the start of the rowing season (September) to allow settled groups to be established for the season.

Non-beginner new members

New club members who have rowed previously (e.g., other clubs, schools, universities rowing) will discuss their interests and experience with the club captain and group leaders so that they can then join the appropriate group.

Graiguenamanagh Rowing Club junior members who have turned 18 and wish to continue rowing with the club will inform the captain and outline which adult rowing group they wish to join. The group leader will be informed of any new members.

Required Competencies for Adult Racing Groups:

Below is a list of competencies that are expected of those in the racing groups.

Know the key safety principles for rowing on the club's stretch of the Barrow ("no row" water levels and weather conditions, circulation pattern).

Know the names and crew weights of the different boats.

Take a single scull off a rack safely by yourself (or with an assistant), carry it through the boathouse area, and boat safely, quickly and with good technique from the slip.

Take a crew boat off a rack safely with only the required number of crew members (i.e., 4 people carrying a 4x+/-, 8 people carrying an 8+), carry it through the boathouse area and boat safely, quickly, as a coordinated crew from the steps.

Return to the slip safely (taking into account wind and water flow), disembark un-assisted safely, quickly and correctly, clean and return boat to rack safely and correctly.

Rig and de-rig a boat (sculling and sweep, different rigger types).

Understand relevant terms and commands e.g. Bow, stern, bowball, fin, heel restraints, hatches, slides, rigger, backstops, front stops, gate, pin, swivel, top nut, blade, spoon, button, collar, handle, loom, inboard, outboard, trestles, "Next to your rigger", "Opposite your rigger", "Ready....lift", "Waists / Shoulders / Heads", "Turn it openside to the...", "Number off from bow", Single, double, pair, quad, four, eight, coxless, stern-coxed, bowloader-coxed.

Coxswain (Coxing)

An invaluable member of any crew is the cox. This is a very responsible job first and foremost because it is their responsibility to steer the boat, identify hazards and keep the crew safe. A cox is not a coach, however often they are placed in a position where they need to offer coaching and feedback to crews. Most junior and adult members in the club wish to row, however without a cox, crews would not get to train or race, therefore it is vital that everyone contributes towards coxing regularly. It is important however that coxes are supported and are giving a good knowledge of their role.

Coxing skills

Direct a crew in taking a boat safely and efficiently from the boathouse to the water (and back), without help from bystanders (Juniors to be assisted by a coach).

Direct a crew in getting into (and out of) a boat efficiently and safely.

Navigate the river safely, with respect to the circulation pattern, obstacles, other rowing boats and other river users (swimmers, kayakers, bigger boats etc.).

Direct a crew to stop a boat suddenly (an emergency stop).

Direct a crew to turn a boat quickly and safely (including in high-flow conditions).

Direct a crew to land a boat safely at the slip, without help from bystanders.

Use basic calls and commands to help the crew to row together with timing, balance, and efficiency.

Be able to provide some basic coaching from the cox's seat (spotting key technical errors, timing errors carrying out relevant drills and exercises, providing feedback to the rowers).

Membership

Payment: Payment is online via Clubforce. No cash payment or bank transfer.

1 adult member - €195
2 adult members - €390
3 adult members - €520 (€195 plus €195 plus €130)
4 adult members - €650 (€195 plus €195 plus €130 plus €130)
1 junior member - €140
2 junior members - €280
3 junior members - €360 (€140 plus €140 plus €80)
4 junior members - €440 (€140 plus €140 plus €80 plus €80)
1 adult member and 1 junior member - €335
1 adult member and 2 junior members - €415 (€195 plus €140 plus €80)
1 adult member and 3 junior members - €495 (€195 plus €140 plus €80 plus €80)
2 adult members and 1 junior member - €470 (€195 plus €195 plus €80)
2 adult members and 2 junior members - €550 (€195 plus €195 plus €80 plus €80)
2 adult members and 3 junior members - €630 (€195 plus €195 plus €80 plus €80 plus €80)
3 adult members and 1 junior member - €600 (€195 plus €195 plus €130 plus €80)
3 adult members and 2 junior members - €680 (€195 plus €195 plus €130 plus €80 plus €80)
3 adult members and 3 junior members - €760 (€195 plus €195 plus €130 plus €80 plus €80 plus €80)
Adult Social Membership - €60 (not to be included in a discount bundle)
Student Adult Membership - €60 (not to be included in a discount bundle)
Adult Beginner 6-week course: €60
Beginner Adult top up membership: €135
Junior intro to rowing €60
Junior top up membership: €80

Adult member – an adult member is aged 18 year and over. Membership allows them to row, compete and fully participate in all aspects of club life.

Social member – is a parent of a child who is a member of the club, a partner of an adult member or a former adult member. A social member is not permitted to row. A social member is allowed use of the club gym. A social member is open to attending club social events throughout the year. If a social member wishes to row, they will be required to pay full membership i.e., become an Adult Member.

Student Adult member – a member who is aged 18 years of age to 25 years of age. Must be a registered student. Is allowed row at the club and use gym facilities during the year. If wishing to compete at races, full adult membership is required.

Junior member – a member who is aged 11 years of age and who is under the age of nineteen years on the 31st August of the year of competition (or as dictated by Rowing Ireland).

Honorary member – an honorary life member is a member of the Club who has given special service to the Club. Any member of the Club Committee may propose for such membership any person felt to have given such special service. The proposal must be made to the full committee and where the committee unanimously agree a motion will be put to the next AGM and may be carried by a simple majority of those present and voting.

Club Timetable

Summer timetable:

Summer training is on the water in the evenings (March to September).

Club Time	Junior Women	Junior Men	Adult Members
Monday			7pm – 9pm
Tuesday	6pm – 8pm J12 – J18	6pm – 8pm J12 – J18	
Wednesday			7pm – 9pm
Thursday	6pm – 8pm J12 – J18	6pm – 8pm J12 – J18	
Friday			
Saturday	9am – 11am J12 – J18	9am – 11am J12 – J18	
Sunday	9.30am – 11.30am J12 – J18 11.15am – 1pm (Beginner rowing)	9.30am – 11.30am J12 – J18 11.15am – 1pm (Beginner rowing)	7.45am – 9.30am (Recreational and racing rowing) 9.30am – 11am (Beginner rowing)

Winter timetable:

Winter training is indoors in the club gym (October to February).

Club Time	Junior Women	Junior Men	Adult Members
Monday			6.30pm – 8pm
Tuesday	6pm – 7.30pm J12 – J18	6pm – 7.30pm J12 – J18	
Wednesday			6.30pm – 8pm
Thursday	6pm – 7.30pm J12 – J18	6pm – 7.30pm J12 – J18	
Friday			
Saturday	9am – 11am J12 – J18	9am – 11am J12 – J18	
Sunday	9.30am – 11.30am J12 – J18 11.15am – 1pm (Beginner rowing)	9.30am – 11.30am J12 – J18 11.15am – 1pm (Beginner rowing)	7.45am – 9.30am (Recreational and racing rowing) 9.30am – 11am (Beginner rowing)

River Navigation and Rules of the River

All rowing equipment used on the river must be approved by the club safety officer/equipment officer.

All crews must put safety above all other rules of the river.

All crew members must be able to swim, and crew members must be able to swim in their rowing clothes.

All coxes must wear a buoyancy aid.

No crews are allowed on the river if depth gauge reads more than 0.8 metres at the boat slip. Refer to OPW website, waterlevels.ie, Station 14029, for live levels.

All boats must have a bowball, with heel restraints correct.

Inexperienced coxless boats and all coxless fours/quads should be accompanied by a coach or observer.

Boats coming off the river have right of way over boats launching.

Boats should launch and return to the slip facing upriver.

Boats launching should immediately cross to the Carlow side, making sure the river is clear first.

Boats should travel upriver staying on the Carlow bank.

Boats should travel downriver staying to mid-river or Kilkenny bank.

All boats should turn a safe distance upriver of the bridge at Graiguenamanagh, in line with the Waterside is the default turning point and even sooner if river is in fast flowing water.

Boats travelling down river have right of way, particularly at the narrow point (Roger's rock).

If a leisure/motorboat is traveling in the navigational channel, it is the responsibility of the rowing boat to move out of the navigational channel to allow the leisure/motorboat to continue to travel.

All rowers/coxes MUST study the above rules and be familiar with the navigation of the river.



Safety

All members should be aware of the following conditions:

Condition of Rower. Every rower must:

Be in good health and free from injury which would impede them rowing.

Be fit and able to undertake strenuous exercise.

Be able to swim at least 50metre's (the width of the river Barrow) in light clothing.

Wear suitable clothing. Avoid bulky and heavy clothing. Several layers of light clothing are recommended.

Understand the principles of rowing and the instructions.

Know how to safely get in and out of a boat.

Conditions of Boats. Before going on the water all rowers/coaches must ensure that:

The boat is river worthy – free from damage/leaks and with bow ball, hatch covers and heel straps. Makes sure the heel strap is firmly secured.

All moving parts are in good working order.

Footrest are adjusted appropriately, and oars are in good condition.

Heel restraint/quick release mechanisms are in proper and effective working order.

Condition of Water. Rowers/coaches must assess/be aware of:

Strength of current.

Strength and direction of wind.

Presence of other people on the river.

Presence of over – and underwater obstacles.

In addition:

All long hair must be tied up (Both land and water-based training).

A change of clothes must be brought.

Have a pair of running shoes in your kit (for days when water work is not possible).

All members should wash their hands after rowing/handling boats. There is danger of contracting Weil's Disease.

Be aware of the location of the First Aid Kit, which is located in the boathouse.

Cox and anyone in a launch must always wear a buoyancy aid.

All boats must be washed after use.

Sunny weather



T-shirt
Layers of light clothing which can be easily removed as you warm up and protect you from the sun.



Shorts



All in one



Sunglasses
To reduce glare from the water



Sun cream
For sun protection



Water bottle
A water bottle is a must. Dehydration will impair your performance and can lead to heat exhaustion



Cap



T-shirt
Layers of light clothing which can be removed or replaced as you heat up and cool down



Tech top
A thin technical top which can wick moisture away from your body



Leggings



Body warmer



Splash top
A light windproof/waterproof top to reduce heat loss and the wind chill factor



Hat
To reduce heat loss



Long socks



Water bottle



Cold weather



Clothing and weather conditions

The principle of having close fitting garments which allow easy movement is important, as this avoids the oar or sculls getting caught which could lead to a capsiz.

Normal conditions

It is important to know what you should wear in differing weather conditions. If, for instance, the conditions are normal, then wearing close fitting garments that are of a stretchy material should suffice, as they generally won't restrict your movements.

What not to wear

- ✘ Loose fitting clothes that could catch your oars or get stuck in your slide.
- ✘ Bulky fleeces and quilted tops that can absorb water and become very heavy when wet.
- ✘ Clothes that restrict your movement when rowing like denim jeans or tops.
- ✘ Everyday, non-sporting clothes.

Wellington boots deserve a special mention.

Wellingtons, which cannot be easily removed or kicked off without using hands, should never be worn in the boat. They present a real danger if you end up in the water.



Be a 'weather watcher' – be prepared for changes and dress for the conditions...

Graiguenamanagh Rowing Club Rules

Treat teammates, coaches, club personnel and other rowers with **respect** and **courtesy** at all times.

Remember, you are representing the club, and your behaviour is a reflection of the club as a whole. We wish to show our club in the positive light it deserves.

Promote team spirit among your teammates and good sportsmanship towards all rowers.

If you make a commitment to participate in a race, you must honour that commitment.

For the vast majority, rowing is a team sport. When you miss training sessions, it can affect the whole crew and what boats can go out. Notify coaches of absences.

Be on time for training as a courtesy to your teammates and coaches. (Remember that all coaches are volunteers. They give freely of their time and the club would not survive without them. **Treat them with respect**).

The coach is responsible for picking crews for training and competitions. Their decision is **FINAL**.

Help out where possible (lifting boats, coxing, filling seats, at club functions, at external events and races and providing a friendly face).

Volunteer to help the club in activities both on and off the water.

Take responsibility for and maintain all rowing equipment.

Keep the boathouse clean and tidy. Pick up after yourself in the boathouse and at regattas.

Obey all boathouse and water safety rules.

The cox is the only person to give instructions in the boat (working with the coach on the bank) and should be listened to at all times.

Appendix 1



Graiguenamanagh Rowing Club

Code of Conduct for Child and Young People

Rowing for Young People

As a member of the Graiguenamanagh Rowing Club we want you to have a positive experience within the club where you can learn new things in a safe and positive environment.

As a rower within the Graiguenamanagh Rowing Club, you are expected to abide by the following code of conduct:

Young People are expected:

- Be loyal and give friends a second chance.
- Be friendly and welcome new members.
- Be supportive and committed to other team members, offer comfort when required.
- Not get involved in inappropriate peer pressure and push others into something they do not want to do.
- Keep within the defined boundary of the rowing club and rowing area.
- Behave and listen to all instructions from the coaches and club personnel. Stay within the rules and respect umpires and their decisions.
- Take care of equipment owned by the club.
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background or religious beliefs or sexual identity.
- Promote team spirit among your teammates and good sportsmanship towards all rowers.
- Refrain from the use of bad language or racial references. This includes bullying behaviour using technologies.
- Refrain from bullying behaviour or persistent use of rough or dangerous play.
- Keep to agreed timings for training and competitions or inform the coach if you are going to be late.
- Wear/bring suitable kit – to include appropriate clothing, footwear and a full change of clothing and towel.
- Pay any fees for training and events promptly.
- Young people are not allowed to smoke on rowing premises or while representing the Club.
- Young people are not allowed to consume alcohol or drugs of any kind on rowing premises or while representing their club.
- Show respect to other young rowers and show team spirit. Be proud of your teammate's achievements.
- Keep yourself safe.
- Play fairly and be trustworthy.

- Show loyalty and be gracious in defeat.
- Challenge or report any bullying behaviour being directed at any of your peers.
- Respect opponents.
- Do not cheat or be violent/aggressive.
- Make your club a fun place to be.

Young People engagement with Coaches:

- Remember all coaches are volunteers. They give freely of their time and the club would not survive without them. **Treat them with respect.**
- It is ONLY the coach that is responsible for picking crews for training and competitions. Their decision is FINAL. Young people and their parents do not have a right to influence the decision of crew selection or what boat juniors are chosen for. Young people cannot decide who they row with.
- Every rower has to be available to cox also on the request of the coach.

Young People have the right to:

- Be safe and happy in their chosen activity.
- Be listened to.
- Be respected and treated fairly.
- Privacy.
- Enjoy rowing in a protective environment.
- Be protected from abuse or harm by others in rowing or outside rowing.
- Participate on an equal basis, appropriate to ability.
- Experience competition and the desire to win.
- Be believed.
- Ask for help.

Any misdemeanours or general misbehaviour will be address by the immediate coach and reported verbally to the Club Children’s Officer and Captain. Persistent misbehaviour may result in a disciplinary meeting by the Club Committee and dismissal from the Club. Parents/guardians will be informed at all stages.

By signing below, you are committing to and agreeing with the above. Any breach in this Code of Conduct will be dealt with fairly and appropriately.

Signature of Young Person: _____

Printed name of Young Person: _____

Signature of Parent/Guardian: _____

Printed name of Parent/Guardian: _____

Date: _____

Appendix 2



Graiguenamanagh Rowing Club

Code of Conduct and Good Practice for Adult Members

As a member of the Graiguenamanagh Rowing Club we want you to have a positive experience within the club where you can row in a safe and positive environment.

As a rower within the Graiguenamanagh Rowing Club, you are expected to abide by the following code of conduct.

Adult members are expected:

- Be respectful of all members, club officials, junior members, parents, race officials and umpires.
- Be respectful and considerate of other water users such as (but not limited to) other boat users, swimmers, fishermen/fisherwomen, canoe and kayakers, stand up paddle boarders. The river is to be shared by all and no one has more of a right to the river than another. We all want to enjoy the fabulous amenity safely and in a way that respects other users.
- Be friendly and welcome new members.
- Be supportive of our junior members.
- Be supportive and committed to other team members.
- To not get involved in inappropriate or hurtful conversation.
- Behave and listen to all instructions from the coaches, group leaders and club personnel. Stay within the rules and respect umpires and their decisions.
- Take care of equipment owned by the club.
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background or religious beliefs or sexual identity.
- Refrain from the use of bad language or racial references. This includes bullying behaviour using technologies.
- Keep to agreed timings for training and competitions. Be punctual. If in a crew boat, be especially respectful of other crew member's time. Only enter races you intend to compete.
- Wear/bring suitable kit – to include appropriate clothing, footwear and a full change of clothing and towel.
- Pay any fees for training and events promptly.
- Show respect to other rowers and show team spirit. Be proud of your teammate's achievements.
- Keep yourself safe.
- Play fairly and be trustworthy.
- Be gracious in defeat.
- Challenge or report any bullying behaviour being directed at any of your adult members.
- Respect opponents.
- Do not cheat or be violent/aggressive.

- Every rower has to be available to cox and should volunteer to fulfil this role when required and as needed. This includes during training and or races.
- Group Leader has final say regarding individual/crew entries into races. Decision must be respected.

Adult members should not:

- Insult rowers or club personnel.
- Argue with, or shout abuse at officials/club personnel and they should actively discourage others from doing likewise.
- Suggest or encourage cheating, aggressive, or unfair behaviour.
- Behave with physical or verbal aggression towards another person (actual or threat).
- Engage in any bullying or 'harassment'.
- Create an atmosphere within the club that is uncomfortable or negative.

Any misdemeanours or general misbehaviour will be address by the group leader and reported verbally to the captain. Persistent misbehaviour may result in dismissal from the Club. Club Committee have final say regarding appropriate action.

By signing below, you are committing to and agreeing with the above. Any breach in this Code of Conduct will be dealt with fairly and appropriately.

Signature of Adult Member: _____

Printed name of Adult Member: _____

Date: _____

Appendix 3



Graiguenamanagh Rowing Club

Code of Conduct and Good Practice for Parents and Guardians

Rowing provides an excellent pathway for young people to learn new skills, become more confident and maximise their own potential. Through their participation, they can learn and develop life skills, have fun and enjoyment, make friends and experience life in a way that can enhance their personal growth throughout their lives.

Parents and coaches all have an important role in promoting good practice in sport for all. They should have, as their first priority safety and enjoyment of the sport for young people.

Guide for Parents/Guardians:

Parents/Guardians play an important role in promoting young people's happiness and success in rowing and sport in general. Parental expectations and behaviour have a significant bearing on people's attitude and behaviour while participating in sport. Parents/guardians need to be aware why young people want to participate. Young people want to learn a new skill, make friends, be part of a group, to win and be successful, experience challenges, excitement, and action.

While winning is important, it must be remembered that winning at all costs does not meet the needs of participants. Results are not necessarily a good indicator of coaching effectiveness or ability. The improvement level of rowers and their level of enjoyment is a better measure.

Support and encouragement from parents/guardians will contribute to young people having, sense of personal achievement, an enjoyment of rowing, improved physical fitness, higher self-esteem, a greater level of skill and improved social skills.

It is important for parents/guardians to find out what young people want from rowing and help them to set realistic targets to achieve this. **For some this may involve controlling their own aspirations and avoiding the desire to force their own dreams or unfulfilled ambitions on their child.**

It is important to:

- Encourage but not force a young person to be active.
- Know when he/she is ready to race/train.
- Promote and teach FAIR PLAY.
- Do not compare your child's ability to other young people in the sport.
- Teach young people to treat umpires, rowers, coaches, and officials with respect.
- Help the young person set realistic targets.
- Be positive in the debrief with your young person, on the drive home or after an event.

Parents/Guardian's should not:

- Ridicule or shout at a young person for losing a race or making a mistake.
- Treat coaches with disrespect.
- Take safety for granted.
- Put undue pressure on any young person to please or perform well.
- Insult rowers or club personnel.
- Argue with, or shout abuse at officials/club personnel and they should actively discourage young rowers from doing likewise.
- Suggest or encourage cheating, aggressive, or unfair behaviour.
- Behave with physical or verbal aggression towards another person (actual or threat).
- Engage in any bullying or 'harassment'.
- Create an atmosphere within the club that is uncomfortable or negative.

Parents/Coach Co-operation

It is important that parents/guardians establish contact with the individual responsible for coaching their young person.

In addition, parents/guardians should:

- Give the coach help when asked and show appreciation for a job well done.
- Support the coach's and umpires' decisions. These individuals are only doing the best they can, and they need support not anger.
- Respect the coach's private life and limit the need to contact them outside of the club time and only when essential.
- Inform the coach about any illness, injury, holidays etc.
- Communicate any concerns you may have to the coach.
- Encourage FAIR PLAY and do not instil a 'win at all costs' attitude in young people.
- Be positive or be QUIET, negative comments are counterproductive.
- Conduct themselves in such a way which promotes the definition of FAIR PLAY.
- Remember, ONLY the coach can make decisions regarding crew selection and races entered. Coaches' decision is FINAL.
- Be prepared to be asked to leave the club-by club-personnel if behaviour is contrary to the Code of Conduct or breaches Club rules/Club Constitution.

By signing below, you are signing on behalf of a young person's parent's/guardians. You are committing to and agreeing with the above Code of Conduct. Any breach in this Code of Conduct will be dealt with by the Club Committee who will decide the most fair and appropriate action.

Signature: _____ Name in print: _____

Date: _____