



COROWA ROWING CLUB

INFORMATION BOOKLET

Season 2026-2027

This booklet is a 'living' document which will be updated as needed, so please check our Facebook page for currency.

Please take the time to read this document and keep it handy as it contains important Corowa Rowing Club member information that you may need during the season.

Committee Contact Information

<i>Position</i>	<i>Name</i>	<i>Contact Details</i>
<i>President</i>	Mark Tidd	0490 043 835
<i>Club Captain and Senior Coach</i>	Wes Canny	0448 265 995
<i>Secretary</i>	Elizabeth Sandow	0438 872 088
<i>Treasurer</i>	Stacey Eysers	0412 699 115
<i>Club Vice Captain</i>	Julie Underwood	0447 135 688
<i>Member Protection Officer / Child Safety Officer</i>		
<i>Social Media Administrator</i>	Susie Scott	0407 474 015
<i>WWCC Officer</i>	Chris Pensini	0408 797 411
<i>Committee Member</i>	Robert Eysers	0409 909 903
<i>Committee Member</i>	Mel Fitzgerald	0407 248 814
<i>Committee Member</i>	Evangeline Broad	0415 246 438
<i>Committee Member</i>	Danniel Holland	0408 393 197
<i>Committee Member</i>	Liam Fitzgerald	0448 675 549
<i>Committee Member</i>	Fiona Wragge	0419 540 175

Introduction

The **Corowa Rowing Club (the Club)** seeks to provide supportive and enjoyable opportunities for rowers and their families to train and participate in rowing.

The Club caters for male and female athletes, from beginners to advanced rowers and supports the development of coaches and administrators who want to develop their skills and knowledge of the sport, whilst maintaining a sense of fun and enjoyment.

The Club is affiliated with Rowing Victoria (**RV**) and participates in regattas throughout Victoria, as well as NSW (through Rowing NSW) and national rowing competitions, under the management of Rowing Australia. The Club follows the policies and procedures of our governing body, including (but not limited to) guidelines relating to junior athletes, member protection and codes of conduct.

Rowing Victoria links to policies can also be obtained from the RV website¹

¹ <https://www.rowingvictoria.asn.au/home/>

If you have any queries, please do not hesitate to contact the Club via one of our Committee Members, or visit our Facebook page or website <http://corowarowingclub.com> .²

Corowa Rowing Club email: corowarc@gmail.com

Content

Committee Contact Information.....	2
Introduction	2
Club Philosophy.....	4
Corowa Rowing Club – Child Safety Statement	5
Membership, Fees and Payment	6
TRAINING	7
Regatta Fixtures, Selection and Expectations.....	8
Merchandise and Uniforms	10
Club Duties	11
Coaches	11
Committee Meetings	11
COMMUNICATION	11
Functions and Fund Raising	12
Grievances	13
Policies	14
.....	14
Corowa Rowing Club Codes of Conduct	18
Senior Member’s Code of Conduct.....	18
Junior Member’s Code of Conduct	19
Parents and Supporters Code of Conduct	20
Coaches Code of Conduct	21

² <https://www.facebook.com/p/Corowa-Rowing-Club-100057450728993/>

Club Philosophy

Corowa Rowing Club aims to provide an environment where participants can:

01	Learn and develop the skills and ethics of rowing;
02	Receive coaching from appropriately trained, volunteer coaches;
03	Have fun and form long-lasting friendships with peers sharing similar goals;
04	Be supported by the Club, their peers, coaches, and parents; and
05	Feel listened to and taken seriously no matter their age or gender.



Corowa Rowing Club – Child Safety Statement

At Corowa Rowing Club, we are committed to the safety, wellbeing, and empowerment of all children. We strive to create an environment where every child feels safe, respected, and supported.

We uphold the rights of all children and young people to feel happy, secure, and included. Our commitment extends to supporting and respecting not only children, but also our committee members, coaches, volunteers, parents, and the broader club community.

We have zero tolerance for child abuse. All allegations and safety concerns are treated with the utmost seriousness and are addressed in line with our policies and procedures. We are bound by both legal and moral obligations to report any concerns regarding a child's safety to the appropriate authorities, and we do so without hesitation.

The Corowa Rowing Club is proactive in identifying and mitigating risks to child safety. We are dedicated to preventing abuse and fostering a culture of vigilance and care.

All representatives of the Club—including Committee Members, Coaches, Rowers, Volunteers, Parents, and Supporters—are expected to uphold our Child Safe Code of Conduct and lead by example in maintaining a safe and inclusive environment.

We are especially committed to:

- The cultural safety of Aboriginal and Torres Strait Islander children;
- The cultural safety of children from culturally and linguistically diverse backgrounds; and
- Providing a safe and inclusive environment for children with disabilities.

To support these commitments, we have established clear policies and procedures that guide our actions and decisions. We also fully embrace and implement the 10 Child Safe Standards, ensuring child safety is embedded in all aspects of our operations—from training and regattas to events and online interactions.

Together, we will continue to build a club culture that prioritises the wellbeing and safety of every child in our care.³

IMPORTANT

³ For more, visit <https://ocg.nsw.gov.au/resources>

Membership, Fees and Payment

Membership Forms

Corowa Rowing Club Membership Application Forms are available from the Rowing Shed.

The Rowing Victoria membership year runs in accordance with the financial year (commencing 1 July and concluding on the following 31 June) and membership fees must be paid on or before the due date for members to be registered with Rowing Victoria. For insurance purposes, any rower who has not paid their membership fee by the agreed date will not be allowed to row until such time as the matter is rectified.

Please be aware that membership cannot be finalised until the Club receives each of the following:

1. *Payment for relevant membership fee,*
2. *Photo ID which shows the proposed member's date of birth, and*
3. *Complete Membership Application Form.*



Each member will also receive an email from Rowing Victoria which must be acknowledged prior to membership becoming active.

2024 Fee Schedule

Fee	Membership Category	Membership Description
\$190.00	Senior Member	Single competitive membership. Allows full use of facilities.
\$110.00	University Member	Non-competitive membership. Allows use of facilities.
\$95.00	Junior Member	Single competitive membership. Allows full use of facilities.
\$30.00	Social Member	Single social membership. Allows access to facilities but excludes gym equipment and on water activities.

Membership (*excluding Social Membership*) covers each fully paid and registered person for:

- Personal accident insurance;
- Public liability insurance; and
- Professional indemnity insurance for Coaches and Captains.

Please Note: Ambulance cover is not included in registration and must be taken out at members own expense, should members not have ambulance cover and require ambulance services the costs associated with this service shall be at the expense of the member.

Payment

Account Name:	Corowa Rowing Club
BSB Number:	640 000
Account Number:	111049983
Reference:	Your name and membership

Cash is accepted and is to be put in an envelope along with your membership form into the red locker letterbox.

Active and Creative Kids Voucher

The NSW Government offers vouchers to assist with the cost of sporting activities for school aged children aged between 4.5 to 18 years.

Please visit the Service NSW website for more information or to redeem your voucher.⁴



Please note: We are unable to issue refunds when Active and Creative Kids vouchers are used.

TRAINING



Venue

All training will be conducted at the Corowa Rowing Shed, which may involve gym or Murray River water sessions, or a combination of the two.

Sessions

Usual training times are Monday – Thursday, starting **on the water at 4:30pm**, and Sundays, starting **on the water at 9am**.

Each session may last up to 120 minutes (2 hours), including on and off water activities (e.g. washing boats and oars, packing up etc).

Please note that the length or the timing of the training session may be dictated by the weather or river conditions of the day.

Each rower will be allocated their training days by the Captain /or coaches to allow all rowers a fair allocation of the Club's resources.

⁴ www.service.nsw.gov.au/transaction/active-and-creative-kids-voucher?q=transaction+active+and+creative+kids+voucher

Participation

Training sessions are compulsory for rowers competing at regattas. ***All rowers are to arrive at least 15 minutes before the start of training.***

If a rower is unable to attend training because they are ill, injured or have a school or work engagement, they must notify the Captain or coaches prior to training via the Messenger page.

Supervision and Collection of junior members

Parents of junior members (minors) are required to remain at the Rowing Shed as supervising adults.

It is responsibility of parents/ carers to remain available onsite to collect junior members at the conclusion of training. **Those responsible for supervising children should be aware of these obligations.**

Any specific custodial arrangements must be given in writing to the Club.

Any exemption to this rule must be in agreement between the parent/carer and the club executive and must be given in writing to the club.

Dress Code

- Wear appropriate clothing to training.
- Wear correct uniform at regattas.

Regatta Fixtures, Selection and Expectations

A Calendar of regattas held in Victoria can be found on the Rowing Victoria Rowing Manager⁵ website and we encourage all athletes (and their support person) to become familiar with this page.

Regatta Selection

Regattas consist of one or more of Open, Underage, School, Grade, and Masters Competitions, with the Club Captain tasked with selecting the crew for all regattas based on the skills of the athletes and the Club's objectives.

In all instances the Captain's decision is final.



⁵ Rowing Victoria Rowing Manager – Calendar of Events <https://rowingmanager.com/vic/>

RACING

Athletes must ensure that they arrive at the competition venue at least one (1) hour prior to their advertised race start time.

Arriving early allows rowers to warm up and for coaches to help get them ready for their race. The Club Secretary will endeavour to provide guidance to new rowers and their families in the lead up to each regatta.

If an athlete is unable to attend the nominated regatta, they must notify the Captain or coaches prior to training via the Club's Messenger group, or by direct contact.



Oar Fees

Regatta Entry Fees (oar fees) are payable by each rower and calculated based on the number of events that rower takes part in. Visit Rowing Victoria's website for more information.⁶

Oar Fees become payable by the Club once entries have closed.

For any rowers who are unable to compete on the day, cancellation fees may also apply. Oar fees owed will be posted on the notice board.

IMPORTANT

Boat Race Officials (Umpires)

At each regatta we attend we are required to provide a volunteer umpire (BRO). We encourage members to complete the online course (Level 1) to be able to assist on the day.

A link to the Level 1 course can be found via here:⁷

⁶ **RV 2024-25 Fees & Levies**

⁷ Level 1 Boat Race Official course - www.rowingvictoria.asn.au/education/umpires

Weather

Although the Regatta season principally runs from October to March, Club members often train year-round, both inside the Rowing Shed (by utilising the gym) and with water training sessions on the Murray River.

Rowers are advised to keep adequately hydrated in warm weather and to bring suitable warm clothing to put on after cold weather trainings.

Merchandise and Uniforms

Merchandise and uniforms may be purchased from the Rowing Club directly. Items include:

- Racing suits (male and female)
- Training singlets.
- Club t-shirts and shirts.
- Club hoodies.
- Club visors and caps.



Uniforms

Rowing Victoria requires each Club member competing in a RV event to wear the racing uniform of their Club.

Corowa Rowing Club's rowing suit (zootie) consists of black bottoms and a red top with red and black hoops (shown here). Athletes may choose to wear black shorts with a Club singlet of the same design.

Any other garments worn by competitors must all be identical in design and colour, with limited exceptions. If any members of a crew are to wear headwear, then the headwear worn by those crew members shall be identical, in colour but not necessarily in design.



Club Duties

The Corowa Rowing Club is a not-for-profit organisation that is run purely by volunteers. Some roles are small and others bigger, but all are vital if the Club is to thrive.

Regattas and training

It is expected that members, parents and other support people will assist with getting rowers on and off the water both at training and during regattas, including with carrying boats and oars.

Where possible, all rowers and parents are strongly encouraged to stay until the end of all regattas to assist with the loading of boats and equipment onto the boat trailer.

We invite anyone who is willing and able to help to contact a Committee member.

Coaches

The Club greatly appreciates the efforts of our talented and dedicated volunteer coaches. All coaches are to be treated in a courteous and friendly manner by all rowers, their families and guests.

All coaches must understand and adhere to the coaches' code of conduct in this booklet.

Committee Meetings

The Committee meets on the second Wednesday of each month starting from 7pm in Summer and 6pm in winter. All members are invited to attend. The committee regularly communicates through other methods.

Annual General Meetings are generally held during the second week of August. *All welcome.*

COMMUNICATION

IMPORTANT

Social Media

Social media offers the opportunity for our Club to promote and develop our engagement within the local community and communicate our activities and messages to our members and guests.

If any member or their parent/guardian has concerns about the use of names or images of a Club member, please bring this to the attention of our President or Social Media Administrator.

Messenger Group and Facebook Page

During the season the Club publishes notices to the Corowa Rowing Club Facebook page and private Messenger group. The Club asks that rowers, or their parents/guardians join this group. ‘

Contact a committee member if this is not possible.

Our page is administered by a member of the committee and the Club reserves the right to remove any posts which are deemed to not be in accordance with the Club's code of conduct and remove members that are no longer deemed necessary to be on the page.

Coaches or Volunteers will only communicate online with any child under 18 years of age via the Corowa Rowing Club Facebook Group Messenger page, or directly via that child's parent or guardian.

Functions and Fund Raising

Social Nights During the Season

Every Thursday night Club during the rowing season members are invited to stay after training and bring their own food to cook on the BBQ.

Once a month (on a Thursday) the Club holds a themed dinner which will be posted on the notice board. For catering purposes, members attending are required to list names on the board – payment for dinner is required on the night of attendance.

End of Season Presentation

The Club hosts an End of Season Presentation for Rowers, Club Members and guests at the conclusion of each rowing season, with awards in the following categories:

- 🏆 **Most Successful Oarsman**
- 🏆 **Most Successful Oarswoman**
- 🏆 **Most Successful Coxswain**
- 🏆 **Most Determined (President's Shield)**
- 🏆 **Most Improved (Glen Bartlett Memorial)**
- 🏆 **Best First Year**
- 🏆 **Captain's Award**
- 🏆 **Appreciation of Services**
- 🏆 **Club Person of the Year**



Weekly Raffle

The Club holds a meat tray raffle each week at the Corowa Hotel.

All funds raised are returned to the Club to improve facilities. Help from Club Members and their families is required to help make this a success. All volunteers willing to help sell tickets will be added to a roster which will be posted on the Club Notice Board (located in the Rowing Shed).

Murray Rowing Association Regatta

The Murray Rowing Association (MRA) consists of Corowa Rowing Club, Wahgunyah Rowing Club and Rutherglen Lakes Rowing Club. The MRA Regatta is held on the second week of January each year (to be confirmed).

This event is the main fundraiser for the Club and all Club members, and their families are asked to keep the date free and to assist with various aspects of hosting the event, such as catering, or assisting with getting boats on and off the water (before and after races).

Grievances ⁸ ⁹

Whilst every effort is made to negotiate problems fairly and in a timely manner from time-to-time issues may arise. When such times occur all members of the Club are asked to approach the matter in a spirit of trying to resolve problems, not attribute blame. All members are also asked to keep in mind that all office bearers are volunteers who freely give of their time and expertise for the good of the Club and that they should be afforded every courtesy and respect.

If a problem cannot be resolved with a respectful discussion or if any member has a question regarding the Club's procedures or policies, this member should approach the Member Protection Officer Julie Underwood or address the matter in writing and forward to the committee (via the Secretary). This will ensure the matter is dealt with appropriately and confidentially.

For matters that you are not comfortable discussing with the Committee but still need resolved, please seek support from Sport Integrity Australia or file a complaint to either of the below listed sites.

Telephone: 1300 027 232

IMPORTANT

⁸ [Report an Integrity or Disciplinary Concern](#)

⁹ [Integrity Complaint or Report | Sport Integrity Australia](#)

Policies

Good Sports Club

The Corowa Rowing Club is a member of the Good Sports Club, which helps to set up a better environment for rowers, volunteers, supporters and officials. It helps clubs tackle tricky topics such as alcohol, drugs, smoking, mental health and safe transport. The program is run by the Alcohol and Drug Foundation (ADF), an independent and not for profit organisation, funded by state and federal governments. The ADF is committed to building strong communities and minimising the harm caused by alcohol and other drugs.

For more information, please visit their website at: [Goodsports](#)



Smoke-Free Policy

It is the Policy of the Corowa Rowing Club to protect the health and sporting performance of our club members by adopting a smoke-free policy.

Smoking is banned in the Rowing Shed and all regattas are smoke free venues.

Responsible Consumption of Alcohol Policy

Corowa Rowing Club encourages the responsible consumption of alcohol at training and Club Nights.

SunSmart Policy

Members are required to follow current sun smart recommendations on the sun smart web page.¹⁰

Sunscreen will be made available that is at least SPF30+, broad spectrum and water-resistant, to members and is available for use in and around the clubrooms.

Engaging a Coach or Volunteer in Child Related Work

Working with Children Check

Sport clubs have a responsibility to provide safe environments for children and young people. In NSW, the Working with Children Check (WWCC) is a prerequisite for anyone in child-related work – paid and voluntary. It involves a national criminal history check and review of findings of workplace misconduct.



All Committee members, Coaches and Captains are to have a current WWCC which will be sent to Service NSW for confirmation and added to the NSW database.

¹⁰ [SunSmart: Prevent skin cancer & sunburn this summer - SunSmart](#)

For any new Coach, the Club will conduct a minimum of two (2) professional reference checks where possible.

All committee members must complete an induction that includes the completion of Module 1 of the OCG's Child Safe eLearning course.¹¹

They will be given a copy of the Corowa Rowing Club's information Booklet as well as child safe risk management plan and after receiving, reading, and acknowledging the Coaches Code of Conduct their names will be signed off and added to the Coach or Volunteer in Child Related spreadsheet.

Sport Integrity Framework / Member Protection

Rowing Australia has in place the following policies which apply to Corowa Rowing Club and its members:

1. National Integrity Framework, four core policies:
 - Child Safeguarding Policy
 - Member Protection Policy
 - Improper Use of Drugs and Medicines Policy
 - Competition Manipulation and Sports Wagering Policy
2. Code of Conduct
3. Personal Grievance Policy

Child Safeguarding Policy

Safeguarding Children & Young People Policy¹²

Rowing has a zero-tolerance policy to harm, abuse and/or neglect of a Child/Young Person in any form.

All Children and Young People have the right to feel safe and protected from all forms of abuse, harm, and neglect. Children and Young People have the right to take part in sport in a safe, positive, and enjoyable environment.

The club is committed to ensuring our policies and procedures seek to address risks to Child safety and to establish Child safe culture practices:

- We will keep Children/Young People safe.
- We promote inclusion, respect and diversity.
- We create a culturally safe sporting environment.
- Our volunteers know the behaviour we expect.
- We minimise the likelihood of appointing or accrediting a person who is unsuitable.
- Induction and training are part of our commitment.
- We encourage the involvement of Children/Young People and their parents.
- Our volunteers understand their responsibility for reporting Child Abuse

¹¹ <https://ocg.nsw.gov.au/training-and-resources>

¹² <https://rowingaustralia.com.au/policies>

- We maintain and improve our policies and practices.

Corowa Rowing Club, through its governing bodies, Rowing Victoria and Rowing Australia, is committed to safeguarding and promoting the welfare of Children and Young People in Rowing by providing a safe and inclusive environment and by ensuring that everyone involved in Rowing is aware of their rights and responsibilities in relation to Children and Young People.

To find out more about policies on Child Safeguarding Policy, Safeguarding Children and Young People Policy and Child Safety and Member Protection Code of Conduct go to the links below.¹³
¹⁴

The Rowing Australia Integrity Manager is available to answer any queries you may have about these policies. Email: integrity@rowingaustralia.com.au

Members with concerns can submit them to Rowing Australia via the Complaint Form on the Rowing Australia webpage.¹⁵

¹³ [Sport Integrity and National Integrity Framework](#)

¹⁴ [Rules & Policies - Rowing Victoria](#)

¹⁵ [Report an Integrity or Disciplinary Concern](#)

Medical Fitness & Water Safety Requirements

Medical Fitness to Row

Corowa Rowing Club is committed to providing a safe environment for all members. Rowing is a physically demanding water sport, and participants must be medically fit to take part safely.

Members are responsible for:

- Ensuring they are medically fit to participate in rowing activities
- Obtaining appropriate medical advice for any condition, injury, or illness that may affect their participation
- Promptly informing the Club of any relevant medical conditions that could impact safety

The Club reserves the right to request **medical clearance from a qualified medical practitioner** where reasonably necessary to ensure the safety of the member or others.

Where a member's fitness to row is uncertain, participation may be:

- Restricted, or
- Subject to conditions (e.g. modified activity or supervision)

These measures are taken to meet the Club's duty of care and to protect all participants.

Swimming Competency Requirement

Rowing is conducted on open water, and all members must have an appropriate level of water safety capability.

In line with Rowing Victoria safety practices:

- Members are expected to be able to **swim at least 50 metres continuously**
- Members who cannot demonstrate this level of competency may:
 - Be required to wear a **personal flotation device (PFD)** at all times while on the water, and/or
 - Have restrictions placed on their participation

This requirement reflects standard safety practice across rowing clubs and is linked to the ability to respond safely in the event of capsize or immersion.

IMPORTANT

These requirements are not intended to exclude participation, but to ensure that all members:

- Row within their capabilities
- Are supported appropriately
- Can participate safely in a water-based environment

Failure to disclose relevant medical information or comply with safety requirements may result in:

- Suspension from rowing activities, or
- Other actions deemed necessary to protect member safety.

Corowa Rowing Club Codes of Conduct

Codes of conduct, rules and policies can be obtained from the Rowing Victoria¹⁶ and Rowing Australia websites.¹⁷

All members, their friends and families are required to adhere to these codes.

Senior Member's Code of Conduct

In addition to Rowing Victoria's General Code of Conduct, Senior Members must meet the following requirements about their conduct during any activity held by or under the auspices of Rowing Victoria or any rowing association in your role as a participant.

1. Respect the rights, dignity and worth of fellow rowers, coaches, officials and spectators.
2. Refrain from conduct which could be regarded as sexual or other harassment.
3. Respect the talent, potential and development of fellow rowers and competitors.
4. Care and respect the equipment provided to you.
5. Be frank and honest with your coach concerning illness and injury and your ability to train and participate fully.
6. Conduct yourself in a responsible manner relating to language, temper and punctuality.
7. Always maintain a high standard of personal behaviour.
8. Be honest in your attitude and preparation to training. Work equally hard for yourself and your club.
9. Co-operate with coaches and staff in relation to programs that adequately prepare you for competition.
10. Report any concerns about the safety of a child that you have observed to the member protection officer or any member of the committee.



¹⁶ [Rules & Policies - Rowing Victoria](#)

¹⁷ <https://rowingaustralia.com.au/policies>

Junior Member's Code of Conduct

In addition to Rowing Victoria's General Code of Conduct¹⁸, you must meet the following requirements about your conduct during any activity held by or under the auspices of Rowing Victoria or any rowing association in your role as a participant.

1. Participate because you enjoy it, not just to please parents and coaches.
2. Play by the rules – know the rules.
3. Participate fairly and safely.
4. Abide by decisions, without argument or bad temper.
5. Cooperate with your coach, and other rowers.
 - a. Verbal abuse of officials or other rowers, deliberately fouling or damaging equipment is not acceptable or permitted.
 - b. Treat all rowers as you would like to be treated.
 - c. Be a patient and enthusiastic supporter of fellow rowers.
6. Applaud all rowers within your own and your opponent's crews.
7. Be a responsible and respectful team member.
 - d. Always be on time.
 - e. Encourage and assist all members.
 - f. Attend all training sessions where required.
 - g. Ensure you always bring the appropriate equipment to training and regattas.
8. Respect and acknowledge the contribution of those who create the opportunity for you to row.



¹⁸ <https://cdn.revolutionise.com.au/cups/rowingvictoria/files/f6izyflklwgoe2kc.pdf>

Parents and Supporters Code of Conduct

Each Parent and Supporter understands and agrees to:

1. Support the participants and enjoy the race.
2. Encourage participation, but don't force it.
3. Teach that enjoyment is more important than winning.
4. Not ridicule mistakes or losses.
5. Lead by example and respect all Rowers, Coaches, Officials and spectators. Physical or verbal abuse will not be tolerated.
6. Recognise all volunteers who give up their valuable time.
7. Not publicly criticise Rower's, Coaches or Officials and instead raise personal concerns with Club Officials in private.
8. Do not use remarks based on race, religion, gender or ability as many such comments are politically incorrect and it is your Coach, team-mates, Club and family that are let down with such remarks.
9. Respect the facilities and equipment of their own and opposing Clubs.
10. Not engage in physical and/or verbal intimidation, abuse or conduct toward any Rower, Official or supporter.
11. Condemn the use of violence in any form, whether it is by spectators, Coaches, Officials or Rowers.
12. Not use abusive language.
13. Not take part in any form of bullying including via the use of social media; Not make or post inappropriate, offensive or discriminatory comments in public, including via social media, about Rowers, Clubs, Coaches, Officials, Rowing VIC or Rowing Australia. Social media includes, but is not limited to, email, instant messaging, text messages, phone messages, digital images, website postings (including social media such as but not limited to Facebook, Twitter, LinkedIn, Instagram, websites and blogs)
14. Only communicate online with any child under 18 years of age via the Corowa Rowing Club Facebook Messenger page.
15. Report any concerns about the safety of a child that you have observed to the member protection officer or any member of the committee.



Coaches Code of Conduct

Each Coach understands and agrees to:

1. Operate within the rules and spirit of rowing, promoting fair participation over winning at any cost.
2. Encourage and support opportunities for rowers to learn appropriate behaviours and skills.
3. Support opportunities for participation in all aspects of the sport.
4. Treat each person as an individual.
5. Display control and courtesy to all involved with the sport.
6. Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
7. Respect the decisions of officials, coaches and administrators in the conduct of the sport.
8. Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people under the age of 18 years.
9. Adopt appropriate and responsible behaviour in all interactions.
10. Adopt responsible behaviour in relation to alcohol and other drugs.
11. Act with integrity and objectivity and accept responsibility for your decisions and actions.
12. Ensure your decisions and actions contribute to a safe environment.
13. Ensure your decisions and actions contribute to a harassment free environment.
14. Do not tolerate harmful or abusive behaviours.
15. Place the safety and welfare of the athletes above all else.
16. Help each rower reach their potential - respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback.
17. Any physical contact with a member should be appropriate to the situation and necessary for the person's skill development.
18. Be honest and do not allow your qualifications to be misrepresented.
19. Only communicate online with any child under 18 years of age via the Corowa Rowing Club Facebook Messenger page.
20. Report any concerns about the safety of a child that you have observed to the member protection officer or any member of the committee.



