



The Plurabelle Paddlers Dragon Boat Club aims to provide an environment where club members are supported to improve their physical and psychological well-being following a diagnosis of breast cancer, and to develop their skills and excel in the sport of Dragon Boating.

This Code of Conduct is designed to provide a framework for appropriate behaviour to be demonstrated by all club members. This is to encourage a good social environment of acceptance, friendship and mutual respect.

The aim is to ensure members feel supported by their peers in order to develop their individual skills and make the Plurabelle Paddlers the best we can be.

Please respect your fellow teammates by:

- being considerate, courteous and honest in your dealings with fellow members and members of other teams,
- treating your fellow club members as you expect to be treated, “we are all in the same boat”,
- respecting the rights, dignity and worth of all members regardless of their gender, age, ability, cultural background or religion.

Please co-operate with your team by:

- working equally hard for your team and yourself,
- attending all training sessions unless you have advised in advance that you are unable to do so through the Teamer application,
- turning up appropriately dressed and in good time for the start of a training session,
- informing the helm/coach in charge of the training session if you have any injuries or other factors that may affect your ability to participate in club activities,
- listening and following the instructions of your coach/helm,
- not coaching to fellow team members without the specific instruction of our helm/coach. Your enthusiasm is appreciated. However, the helm/coach is in charge of developing our technique and it is their place to provide advice and instruction.

Please work together to maintain our training space by:

- assisting your teammates to put the boats in and take them out of the water, only if you are yourself fit and able to do so. If you are unable to assist with boat lifting, please volunteer for other jobs in preparation for the training session,
- leaving the containers in the same (or better) condition as when you arrived,
- treating club equipment with due care.

Please behave in a socially appropriate manner by:

- not swearing, using abusive language, use name calling or labelling, or use offensive gestures in the boat, training areas, clubhouse or when travelling or representing the club,
- not making personal attacks. Racism, sexism or any other form of discrimination are not tolerated. Respecting other people, their contributions and motivation will make club members feel comfortable and safe,
- not attending training or a regatta under the influence of alcohol or drugs. The use of performance enhancing drugs is prohibited in the sport of Dragon Boating. We also ask, in line with the health promotional ethos of the Club, that members do not smoke or drink alcohol whilst in club kit.
- refraining from any behaviour which brings or has the potential to bring the club or the sport into disrepute,
- not committing criminal offences when travelling or representing the club,
- being a good neighbour. We train in a residential area and should provide as little disruption to our neighbours as possible.

Please represent the club well whilst participating in regattas by:

- being modest in victory and graciousness in defeat;
- congratulate good efforts be they from within our team or those we compete against,
- not arguing with an official, if you disagree with a decision discuss it with our Team Manager for the event and they will approach the official if it is considered appropriate for the team.
- obeying the rules of the regatta you are attending.

As per the Club's Communication and Fundraising Policies:

- members should not engage in any media activity in which the name of the club is either used intentionally or inadvertently without the permission of the Board. Any issues resulting from this will be treated as a serious matter,
- members should not engage in fundraising activities in the name of the club without prior written agreement of the Board. Any issues resulting from this will be treated as a serious matter.

Complaints Procedure

- Any club member who has a complaint or concern should bring it to the attention of the Club Secretary in the first instance. The complaint or concern should be in writing and should outline all relevant details and other parties involved. If the Club Secretary is the person who is being complained about, the club member should bring the complaint or concern to the attention of any member of the Board.
- The Club Secretary will bring the issue to the Board who will follow the club Disciplinary, Complaints and Appeals procedure. The procedure is available for viewing on the club website.

- Where the Board refers any complaint to mediation and recommends that a club member attend, that club member must attend mediation or give reasons (in writing to the board) as to why they are unwilling to attend.
- Complaints in relation to breaches of the Code of Conduct will be dealt with in accordance with the Disciplinary, Complaints and Appeals Procedure.
- If upheld a breach of the Code of Conduct may result in the imposition of sanctions, including suspension or expulsion from the club.

Approved by Board: 24/11/2024

Revision Date: October 2026