



Boston Rowing Club  
Est 1856

## Junior Code of Conduct

The Club encourages all Junior Members to act as ambassadors for the club by displaying appropriate behaviour.

1. All Juniors should support and encourage other Club members.
2. Always bring a water bottle, towel and change of clothes to training sessions.
3. Wear clothing that is suitable for the weather conditions
4. Juniors should respect all Club equipment and clean the boats after every outing. Blades must be put tidily away on the correct racks
5. No Junior should go onto a launch unless told to do so by a coach.
6. If equipment is damaged then tell a coach so it can be fixed.
7. There must be no messing around near boats or the water. Do not run in the boathouse or on the landing stage. No bikes to be ridden in the Boat house or nearby.
8. Coxes and people on the launch must **always** wear lifejackets.
9. Juniors must not return to the clubhouse between putting the boat on the water at the start of the outing and placing it back on the rack at the end.
10. Check the boat before each outing - heel restraints, tightness of stretcher and rigger bolts.
11. Do not annoy the fishermen or swans.
12. Juniors must follow and obey the instructions from the coaches, other authorised adults and cox at all times.
13. Do not splash each other - being wet and cold is no fun.
14. Always be within sight of a coach on the water or during land training.
15. Be mindful of other Club members. Be quick to take boats out of the water, wash and put them away at the end of the outing when others are waiting for the landing stage and trestles.
16. The hose is for washing boats **NOT** other Juniors (or coaches).
17. Juniors must not leave the boat house until all equipment has been put away and the coaches say it is OK to go.
18. Bad language is not acceptable at any time.
19. No Junior Members of J16 or below can use the ergs without coach supervision.
20. Juniors shall only use weights when supervised by a coach.
21. Do not play with the equipment. If you need to play, bring your own toys.

**22. Juniors are not allowed behind the bar at any time**

**23. Enjoy rowing**

