



ATHLETE CODE OF CONDUCT

When behaviours and attitudes are positive, all athletes, and those supporting them, can thrive and have fun. As part of Elmbridge Canoe Club, we behave in line with the Paddle UK values: we represent ourselves and our sport positively, and we set a good example to all.

All athletes are to adhere to the following code of conduct at all times:

- Be on time for training sessions or events. Inform your coach if you are going to be late.
- Be prepared. Have all the appropriate clothing and equipment you require for your session or event: attire must be fit-for-purpose and full torso covered. A dry change of clothes for after is required.
- Phones are not permitted during training sessions. All devices must be turned off or silenced and kept securely in the changing rooms from 10 minutes before training begins until 10 minutes after training finishes (except when permission has been given by the coach) to ensure safety, focus, and a positive training environment.
- Be responsible for your own equipment and clothing. Take care of all property belonging to the club or any club member.
- Be respectful and use appropriate language: treat all others (on and off the water) as you would wish to be treated yourself. This includes all other water users.
- Cooperate fully, respecting all requests and decisions made by the coaches and officials.
- Be responsible and respectful when using social media: use only to build people up. Gain consent before posting images or information of others. Think before you post.
- Senior athletes to support the coaches with river safety during water sessions.
- Junior athletes are not allowed to smoke, consume alcohol or drugs of any kind whilst on club premises, representing the club at events or at club socials.
- Contribute to a positive environment and a supportive team culture.
- Speak out if you feel that you or others have been poorly treated (ECC Welfare Officer - Letitia Mackie welfare@elmbridgecanoeclub.com).

In order to maintain a positive environment, it may at times be necessary to address behaviour that is not in line with this code of conduct. Appropriate action may then be taken, which might involve an informal resolution, educational interventions, or disciplinary action in line with our policies and procedures. By being a member, you agree to follow the ECC Athlete Code of Conduct.