

Monmouth Rowing Club	
Code of Conduct	
Adopted: July 2025	
Revision V1	

1.0. Introduction

- 1.1. Monmouth Rowing Club is a sports Club that aspires to allow access to rowing for all. We want to be a welcoming, inclusive Club, one with a reputation for good sportsmanship and welcoming atmosphere. To that end, all members must always adhere to the Member Code of Conduct.

2.0. Respect and Sportsmanship

- 2.1. Treat fellow members, staff, officials, and opponents with respect always.
- 2.2. Encourage fair racing and uphold the spirit of rowing.
- 2.3. Avoid abusive, offensive, or discriminatory language or behaviour.

3.0. Teamwork and Integrity

- 3.1. Support crewmates and other members both on and off the water.
- 3.2. Celebrate wins with humility and accept losses with grace.
- 3.3. Compete honestly and follow the rules—no cheating or unsporting conduct.

4.0. Health and Safety

- 4.1. Follow club guidelines regarding equipment, training, and medical checks.
- 4.2. Report any unsafe conditions or injuries promptly.
- 4.3. Refrain from participating when ill or under the influence of alcohol or drugs.

5.0. Commitment and Participation

- 5.1. Inform coaches/captains/organisers in advance if you cannot attend.
- 5.2. Be punctual, prepared, and focused during club activities.

6.0. Personal Conduct

- 6.1. Represent the club positively in public and online.
- 6.2. Respect the club's property and facilities.
- 6.3. Dress appropriately for club activities and maintain good personal hygiene.
- 6.4. Ensure all equipment is cleaned after use and returned to the correct storage area.

7.0. Inclusion and Community

- 7.1. Welcome and support new members.



- 7.2. Promote inclusivity regardless of age, gender, ability, or background.
- 7.3. Engage in charitable or community events organised by the club.

8.0. Disciplinary Measures

- 8.1. Understand that breaches may lead to warnings, suspension, or expulsion.
- 8.2. Cooperate with investigations and accept decisions made by club leadership.

9.0. Club Policies

- 9.1. Read and adhere to Club Policies at all times. The full list of Club Policies can be found on the website: [Club Policies | Monmouth Rowing Club](#)

10.0. Policy Accessibility and Review

- 10.1. This policy will be available online to all members and prospective members. This policy will be reviewed annually and updated as needed.

Date of most recent review: 18 Aug 2025