

Athlete Code of Conduct

As a member of Scottish Rowing all athletes are expected to demonstrate to a professional level of behaviour and commitment.

Scottish Rowing believe it is important that all athletes, coaches, administrators, parents and officials should show respect and understanding for the safety and welfare of themselves and others at all times.

As such all athletes are expected to abide by the following code of conduct:

- Arrive at all training sessions on time, ready to participate and show commitment to the sport.
- Participate within the rules of the sport, respect decisions of coaches and officials and demonstrate respectful behaviour towards all fellow athletes and opponents.
- Always wear the appropriate kit/uniform during training and wear suitable attire to all events.
- Demonstrate positive behaviour at all times. No swearing or inappropriate behaviour in any public environment (i.e. whilst in the club, travelling as part of a team/squad, at team events/functions etc).
- Treat fellow athletes, coaches and staff with respect at all times. Derogatory statements about individuals will not be tolerated.
- Agree not to smoke, consume alcohol, or take non-prescription drugs of any kind.
- Treat all sports equipment and venues with respect and keep it in good condition. This includes leaving toilets and changing areas tidy at the end of sessions.
- Inform your coach of any injuries or illness you may have before your session begins.
- Follow the instructions of coaches and staff. If you are given instructions you don't understand or agree with challenge these in a calm and respectful manner.
- Do not use mobile phones during training, competitions or in changing areas.
- Demonstrate respectful behaviour in all areas of your life including on social media. Remember that what you post, like or share reflects on you as a person and as a member of Scottish Rowing.