



Junior Rowers (Aged 16 to 18 years) – Safety Policies

Overview

In 2005, the Richmond Rowing Club (herein RRC) was successful in attracting a number of junior rowers to the club. However, during the year the regulatory environment changed and a number of safety concerns were raised.

In 2006 RRC decided not to extend the current junior rowing program and to only take new members that are aged 16 years and over for rowing. At the time there were approximately 10 members under the age of 16 years who were supported by RRC under specific conditions to provide a safe and enjoyable rowing experience. Since that time some of those members have left the club as well as moved into the 16 to 18 year old band. RRC does not have a specific junior program and as such all junior rowers are catered for in the main club programs.

The club will continue to accept coxswains under 16 years of age. All coxswains under 16 years **MUST** have their own Personal Flotation Device (PFD) that meets the regulatory requirements and **MUST** wear this at all times when coxing.

Policies to apply to any member under 18 years of age

Membership forms

Any prospective member under the age of 18 years must have a properly completed Junior membership application form signed by their parent/guardian.

This Safety policy and Club's Code of conduct are to be provided to the parent/guardian at the same time as they are provided with a copy of the membership application form.

Parent/guardian consent

Parents/guardians must complete and sign the membership application form for their child. By signing the membership application form parents agree:

- 1) to be bound by and to ensure their child observes the Club Code of Conduct, policies and procedures;
- 2) to their child being videoed during training activities for coaching purposes;
- 3) that they are aware of the PFD requirements.

A parent/guardian consent form must be completed, signed and returned prior to a junior member attending any regatta or training camp.

Code of Conduct

All coaches, junior members and parents are expected to observe the Club's Code of Conduct.

Water safety skills

No junior may be admitted to membership unless their parent/guardian confirms (on the membership application form) that their child can swim at least 50m unaided in cold water.

Supervision of junior members

Juniors must be supervised by a responsible adult at all times.

- 1) No junior rower will be allowed to take any boat on the water without supervision by an approved and nominated coach or accredited coxswain. Every training boat at every session must be accompanied by an approved and nominated coach (from the riverbank) or accredited coxswain (within the boat).

- 2) Junior rowers will be encouraged to wear a PFD at all times during on-water training. However, subject to the parent's consent, junior rowers may be permitted to train on-water without wearing a PFD.
- 3) No weight training may be undertaken by junior members except under the supervision of a coach with specific weight training techniques training.
- 4) Parents are responsible for organising transport to regattas and training camps – not coaches.
- 5) Parents are responsible for ensuring supervision and care for their children at regattas and training camps – not coaches.
- 6) At regattas a responsible adult (who is not rowing or filling the role of 'Boat Race Official' that day) will be responsible for supervising junior crews on and off the water and for the completion of a report for any incident that occurs. The person is to be selected by prior agreement between the coach and the parents.

Coach's Role

Coaches are required to ensure that rowing is a safe, fun and positive experience for all participants in line with the Club's policies.

- 1) All coaches of junior rowers must be a club approved and nominated coach.
- 2) Coaches will abide by the Club's code of conduct.
- 3) Coaches will take all reasonable steps to keep rowers safe at all times.
- 4) Coaches will ensure the Club's policies, in particular safety and supervision policies, are adhered to at all times; this includes:
 - (a) not allowing junior rowers to row unless all paperwork is properly completed by the child's parent/guardian and returned;
 - (b) not allowing junior rowers to train without proper supervision by a club approved and nominated coach;
 - (c) not allowing junior rowers to train without an accredited coxswain, if rowing in a coxed boat.
- 5) Coaches will encourage rowers to be SUN SMART at all times.

Parent's Role

As the legal guardians of their children, parents' participation is encouraged.

- 1) Parents will assist the coaches to make rowing a positive experience for all junior rowers by encouraging good behaviour and participation by their children.
- 2) Parents will observe the Club's code of conduct and safety policies and will encourage their children to do likewise.
- 3) Parents are responsible for obtaining a PFD for their child.
- 4) Parents are responsible for organising transport to regattas and training camps.
- 5) Parents are responsible for ensuring supervision and care for their children at regattas and training camps.