

Ring Rowing Club accepts no responsibility or liability whatsoever either directly or indirectly for any loss or damage howsoever arising, for actions by Registered Members, Members' parents or families or Club officials who act in contravention and/or in disregard to and/or in breach of Club Rules.



## RING ROWING CLUB - PROTOCOLS & RULES FOR MEMBERS

Ring Rowing Club's main aim is to promote the sport of coastal & offshore rowing for all its members under the governing body for rowing, Rowing Ireland. All members are expected to show sportsmanship, goodwill and **RESPECT** for others, while promoting the interests of the club & sport.

**R**espect is for all members, whatever their age, Club position or rowing ability.

**E**qual opportunity for all to be selected for teams to compete based on their rowing ability and commitment to training

**S**peak positively about the Club and everyone in it! Support your Club at regatta competitions.

**P**articipate actively in the Club, take part, whether it be during rowing training itself or in helping at social or fund-raising events, getting the boat and equipment on the water and put away after training or races and so on.

**E**veryone likes to feel included, be welcoming and friendly to all members at all times

**C**onsider the needs of others, do they need encouragement, help or advice on their rowing technique? Comply with instructions from your trainers and cox – these are for your benefit and especially for your safety.

**T**ake time to say Thank You to your teammate, your trainers and your Cox!

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**Important Rules :** A copy of the Club's Rules & Safety statement will be displayed at registration time (Online During Covid) and this must be read and agreed to by all members of Ring Rowing Club. As a member of Ring Rowing Club, its members are also subject to the full Rowing Ireland Rules.

1. All Ring Rowing Club members are subject to strict compliance with the Club's Safety statement.
2. Ring Rowing Club colours are YELLOW – Club colours must be worn for all races.
3. At regattas / competitions, sporting behaviour towards all other competing Clubs is expected from our members.
4. Should any members wish to make use of club facilities or equipment outside of regular Club training times, they should ensure they first have the permission of the Club Captain or Chairperson. For safety reasons, crews should never go on the water without having a designated person ashore (DPA) remaining onshore who is aware of the crew's plans and the duration that they are expected to be at sea.

#### **Selection Process**

5. Members are selected for each age / ability category to row for Coastal Regattas, Championships, County Fun Regattas, Championships, National Championships - it is in the best Interest of the Club to put forward the best performing athletes for that selected race ; the Selectors may also decide to nominate up to two others as subs for the selected team to cover in the event of illness or inability for a member to be present for a race. The decision of the Selectors is final.
6. The Selectors will take into account the following:
  - a. Member's fitness levels
  - b. Member's rowing technique
  - c. Member's rowing times (on machines)
  - d. Member's attendance at training / commitment to training.
7. Any member may have a discussion with the selectors/trainer/Instructor, to receive feedback, with view to their own personal improvement. The selectors decision is final.
8. Members or parents who wish to discuss Club decisions may consult with Committee officials, coaches and/or selectors in email format only. Never approach during competition / regatta events where Club officials are duty bound to attend to all competing Club teams and members as priority.

#### **Disputes or difficulties**

9. Any difficulty encountered by members in interpreting the Rules of the Club should be referred to the Rowing Club Committee via one of its officers (Committee officers outlined in footnotes).
10. Personal misconduct ,bullying, non compliance of club rules , willful damage or neglect of Club property, buildings or Sports facilities used in connection with the Club's activities, shall render the person or persons concerned liable to either temporary suspension or total expulsion from any further participation in the Club's activities. The decision of the Committee on this matter shall be final and in the event of expulsion, shall make the person or persons concerned liable to the forfeiture of the unexpired portion of his/her annual membership. All members must agree to comply with the Codes of Conduct and the Policies of Ring Rowing Club

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11. Where a situation may arise where one of Ring's teams are short a rower or another club is short a Rower, the Club Captain (or in their absence, Club Chairperson) may request another club's rower to row with Ring (via the other Club's Captain) and/or give permission for one of Ring's members to row with another club for that race .
12. Any member of Ring Rowing Club wanting the ability to row with another Rowing Club on an ongoing basis during the season (eg. to participate in a category or team where Ring is or is not represented), needs to submit their request in writing to the Ring Rowing Club committee, before the 1<sup>st</sup> April of the current season. This request will be considered by the Committee, whose decision on this will be final.
13. Ring Rowing Club expects sporting, respectful and appropriate communication by all its members at any Club training or regatta events and when using any form of social media eg. Facebook, Twitter etc. Failure to comply with this rule may lead to disciplinary action up to and including automatic expulsion from the Club for the current season. Please refer to current Codes of Conduct and Best practice for members and their Parents and Guardians.
14. You must be able to swim 100mtrs comfortably.
15. **By submitting your membership payment you agree to the Rules of Ring Rowing Club and to the Codes of Conduct for Young People and Parents/Guardians.**
16. **Find Rowing Ireland Rules for Coastal and Offshore Rowing [here](#) Page 43 for coastal & page 54 for Offshore. <https://www.rowingireland.ie/>**

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