

## Norwich Canoe Club Trip Junior Code of Conduct.

You will be representing Norwich Canoe Club throughout the trip. Therefore we expect the highest standard of behaviour and courtesy at all times.

- Medication: any medication as mentioned in the Parental Consent form should be held by the team leader or an appointed medical person unless prearranged otherwise ( e.g. asthma inhalers)
- Co-operate fully, respecting all requests and decisions made by the coaches, helpers, officials and administrators.
- Be on time for training sessions and events or inform your coach if you are going to be late.
- Respect the curfews given by the trip leaders.
- Not to enter the bedroom of any other athlete.
- Control your temper and avoid behaviour which may affect or upset others.
- Be considerate and respectful to other paddlers and water users - treat others as you would want to be treated.
- Wear suitable kit for paddling as agreed with your coach.
- Take care of all property belonging to the club or any club member – and be responsible for caring for your own equipment and clothing.
- Not to leave sessions without the permission of the coach or leader.
- Junior members are not allowed to smoke, consume alcohol or drugs of any kind whilst on the trip.
- Recognise that success is not just measured by the result but by performance and effort
- Ensure that you are humble in victory, respect the opposition and handle defeat with dignity
- Be courteous and polite to locals. Be sensitive to their ways and habits, which may well be different to your own.
- Accept the sanctions imposed by the team leaders for any breaches in the code of conduct. This could include missing sessions, privileges or being sent home from the trip or being banned from future trips or even temporarily or permanently having your membership of Norwich Canoe Club revoked.

Name Junior Paddler .....

Parent/Guardian name .....

Signature of Parent/Guardian to confirm that you have discussed the code of conduct and agree to any sanctions required if it is violated,

..... Date .....