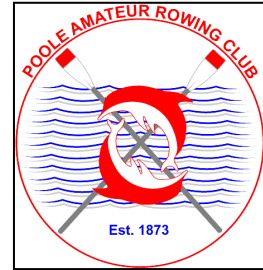


# Junior Club Rules

## Poole Amateur Rowing Club



Poole Amateur Rowing Club is fully committed to safeguarding and promoting the well-being of all of its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Karen Price, Welfare officer.

As a member of Poole Rowing Club you are expected to abide by the following junior club rules:

- All members must be aware of the club rules and abide by them.
- All junior members must respect club officials and their decisions.
- Members must wear suitable kit for training and regattas.  
White tops for training (or matching crew kit)  
Spare clothes to put on after training  
Club colours for regattas.
- Please ensure you have suitable kit for the weather conditions at the time of the row. ie warm clothes in winter, sun cream and hats for the summer.
- Members must pay annual fees and regatta fees on or before their due date.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.
- Junior members must be supervised by an adult when going afloat – either coxing the boat or in the safety boat or on the bank if at the park or river.

Any damaged caused to club equipment must be reported to the Club Captain as soon as possible.