



Upper Thames Rowing Club

Remenham Lane, Remenham, Berkshire RG9 3DB
Tel: 01491 575745 www.utrc.org.uk

Upper Thames Rowing Club is fully committed to safeguarding and promoting the wellbeing of all 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, be encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with the club captain.

As a member of this club, you are expected to abide by the following junior club rules:

- All members must listen to and follow the instructions of their coach.
- In competition, all members must be aware of and follow the rules of racing and respect officials and their decision.
- All members must be polite, helpful and considerate, behave sensibly and with sensitivity toward others and avoid any form of obscene or abusive language.
- Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- All members must take good care of the equipment that they are using.
- Members must wear suitable kit for training and match sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly. Members in arrears will not be allowed to compete.
- Members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.
- Members must avoid any form of bullying, including cyber bullying outside of training and the club, and not cause hurt or distress to others.
- Upon renewal of Memberships annually and before 31st December the Club Captain , Junior coordinator , Junior Chief Coach and Welfare officer will offer a meeting to all junior members and parent/ carers to consult the Junior code, Kit Requirements, Proposed racing commitments and training agenda

Officers of the Club

President: PBD Sutherland MBE, **Chairman:** S Dance, **Captain:** J Sutherland, **Hon Secretary:** P Cox-Hynd,
Hon Treasurer: J Burkitt, **Events Secretary:** M Neal **Membership Secretary:** N Brown.
UTRC is a registered CASC "Community Amateur Sports Club" CASC Registration Number: CASC 04325



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Penalties for Breaking the Code of Conduct:

- Minor infringement of the code of conduct will be dealt with by a written warning.
- Consistent or serious infringements will lead to the suspension of membership or involvement in club activities pending further action by club officials.
- The club committee reserves the right to exclude those that refuse to abide by this code of conduct.

Kit requirements

Juniors are responsible for bringing appropriate kit to each training session and each race event. The following is the minimum kit each junior should bring with them at all times:

J14 & J15

- leggings or tracksters
- tight fitting shorts
- long sleeve wicking top
- short sleeve top
- waterproof top
- change of clothes for after training if it is wet/cold
- running shoes
- for racing in the summer season, the UTRC all-in-one
- water bottle
- snack for after training
- a towel
- spare socks & underwear

J16 - Junior Men & Junior Women

- Sufficient quantities of all of the above to be able to train twice (two sessions) in wet/cold weather and be able to change back into dry kit afterwards
- Layers of wicking tops and leggings
- For racing, an MBC all-in-one plus long sleeve top and leggings
- UTRC gillet and tracksuit bottoms plus a 'performance' waterproof jacket
- Sufficient snacks or money to buy snacks for between and after training sessions

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