



Junior Squad Rules - Eton Excelsior Rowing Club (EERC)

EERC is fully committed to safeguarding and promoting the well being 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 they may have about any aspect of the Club with either the Welfare Officer or the Club Captain (whose names are listed on the Club's Noticeboards)

Furthermore, as a member of the EERC Junior Squad you are expected to abide by the following Junior Squad Rules:

1. row/scull within the rules and respect officials and their decisions
2. respect your opponents
3. keep to agreed timings for training and competitions or inform your coach or the Junior Coordinator if you are going to be late
4. wear suitable kit for training and racing as stipulated by the Junior Coordinator.
5. pay any fees for training or events promptly
6. show respect for Club equipment at all times and report any damage promptly to the Coach or Junior Coordinator
7. do not smoke on Club premises nor whilst representing the Club at competitions
8. do not consume alcohol or drugs of any kind on Club premises or whilst representing the Club
9. do not leave Squad training sessions before speaking to the Junior Coordinator or your coach
10. do not run or play on the rafts nor throw stones in to the river or slipway
11. do not use free weights without supervision by a Coach
12. only use boats/blades specified from time to time by the Captain for use by Juniors and as allocated by the Junior Coordinator/Coaches