



TEES ROWING CLUB: CODE OF CONDUCT

Tees Rowing Club is fully committed to safeguarding and promoting the wellbeing of all its members and prides itself on the friendly and welcoming atmosphere our members and associate members create. The club believes that it is important that members, coaches, and parents/carers associated with the club should always show respect and understanding for the safety and welfare of others. Members and parents are always encouraged to be open and to share any concerns or complaints that they may have with the Club Captain, Welfare Officer or a Club Committee member. TRC code of conduct provides its members with their agreed expected standards of behaviour for its individuals and the organisation, encouraging unity, consistency and improvement. It also offers a framework for disciplinary action if needed. We are also bound to follow the ethos and expectations set out by British Rowing Code of Conduct. <https://www.britishrowing.org/wp-content/uploads/2020/03/201103-Codes-of-Conduct-2020.pdf> (See Appendix)

Our Code of Conduct should also be read in conjunction with our Clubs Rules.

1. OUR VALUES AND PRINCIPLES

- Providing a welcoming environment and support for participants to enjoy the sport at whatever level they choose to participate
- Encouraging safe practice in rowing and a culture of safety in general
- Valuing the work of volunteers and providing a caring supporting environment
- Encouraging and developing good practice
- Providing equal opportunities to participate in rowing regardless age, gender, disability, culture, ethnic origin, colour, religion or belief, social status or sexual orientation
- Playing an active part in developing rowing as part of the broader sporting and social agenda, and to the benefit of the local community
- Encouraging and enabling those with the desire and talent to progress

2. OUR CODES OF CONDUCT

Members. As a member of Tees Rowing Club you are expected to abide by the following code of conduct:

- Comply with the rules of the Club, RTWC/TRUT, individual competitions and respect officials and their decisions
- Comply with instructions and decisions made by coaches, captain, committee members and nominated parent helpers
- Respect the rights, dignity and worth of all participants regardless of age, gender, disability, culture, ethnic origin, colour, religion or belief, social status or sexual orientation
- Keep to agreed timings for training and competitions or inform your coach (*if applicable*) or appropriate crew member/captain if you are going to be late
- Wear suitable kit for training sessions (*hi vis where possible*). Club kit must be worn during racing when every effort should be made to have the whole crew in identical kit in the boat
- Use correct and proper language at all times
- Pay any fees for membership or events promptly
- Not smoking within RTWC premises, in boats and on the forecourt of the boathouse
- Comply with the Anti-Doping Rules of British Rowing, published by the Drug-Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of Tees Rowing Club



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<https://www.britishrowing.org/wp-content/uploads/2019/10/Anti-Doping-Policy-10012017.-v2-1.pdf>

- Act in a manner that will not compromise the safety of yourself, Club members, other water users and the general public (e.g. *If in doubt don't go out*)
https://www.teesrowingclub.co.uk/files/Safety/Safetycode_v22.pdf
- Assess risks and base your decisions on such assessments
- Actively respond to your Club's safety code /rules and be familiar with the *British Rowing guide to good practice in rowing "Rowsafe"* <https://www.britishrowing.org/wp-content/uploads/2019/04/Row-Safe-April-2019-online.pdf>
- Keep abreast of and abide by the Tees Barrage timetable
- Safeguard children and vulnerable adults
- Be proactive in warning others of impending danger
- Inform coaches and other crew/Club members of any medical condition that may present a risk to yourself and/or your crew. In the case of juniors, parents/carers have a duty to advise those in charge
- Not allow Junior members to smoke, consume alcohol, or take drugs of any kind on club premises or whilst representing the club at competitions
- Volunteer to help at club events and fundraising activities
- Regularly monitor club notice boards, website, email notifications, social media and take notice of any relevant information

Parents/Carers. As a parent/carer you are expected to abide by the following code of conduct:

- Encourage your child to learn the rules and abide by them
- Discourage unfair tactics and arguing with officials
- Help your child to recognise good performance, not just results
- Never force your child to take part in rowing
- Set a good example by recognising fair play and applauding good performances of all
- Never punish or belittle a child for losing or making mistakes
- Publicly accept the judgements of coaches and appointed helpers
- Support your child's involvement and help them to enjoy their rowing
- Use correct and proper language at all times
- Encourage and guide your child to accept responsibility for their own performance and behaviour
- Support the non-smoking rule within RTWC and boathouse forecourt
- Advise those in charge of any medical condition that may present a risk to their child and/or other club members
- Act in a manner that will not compromise the safety of themselves, Club members, other water users and the general public
- Actively respond to the Club's safety rules

Club Officials and Volunteers

Club officials and volunteers are expected to abide by the following code of conduct:

- Consider the wellbeing and safety of participants before the development of performance
- Develop an appropriate working relationship with participants and parents, based on mutual trust and respect
- Make sure all activities are appropriate to the age, ability, and experience of those taking part
- Promote the positive aspects of the sport (e.g. fair play)



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- Display consistently high standards of behaviour and appearance
- Follow all guidelines laid down by the national governing body, TRUT/RTWC and the club
- Never exert undue influence over participants to obtain personal benefit or reward
- Never condone rule violations, rough play or the use of prohibited substances
- Support the non-smoking rule in the RTWC and grounds
- Use correct and proper language at all times
- Encourage participants to value their performances and not just results
- Encourage and guide participants to accept responsibility for their own performance and behaviour
- Abide by the Anti-Doping Rules of British Rowing as published by the Drug-Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of Tees Rowing Club

All users of the river are expected to abide by the following code of conduct:

- All rowers and beginners at Tees Rowing Club must be in good health and able to swim a minimum of 100 meters in light clothing and shoes. All members are to sign a declaration they can swim and return it to the Membership Secretary
- Adaptive rowers who are unable to swim 100m will be required to wear a life jacket
- New rowing members should complete a capsizing drill as soon as possible after joining the club
- Members may only use boats that they have been allocated by the Captain. This policy is designed to reward successful competing crews and to limit wear and tear on the competitive equipment being used by non-competitive rowers
- Except for the recreation group, crews must book out the boat they have been allocated (*up to 1 week prior*) in the booking out book
- Availability of a boat is on a first come, first served basis. Crews of a higher status do not take priority.
- Coxswains must wear a life jacket or buoyancy aid, a life jacket if coxing from the bows; and be familiar with the safety and navigation rules of the river
- All members should abide by the navigation rules identified in the Clubs Safety Code
- Members must adhere to their allocated time slot for the use of the Barrage Reach
- Be considerate to other river users always
- If a crew is on a collision course with you or another boat, SHOUT "AHEADSCULL/FOUR/...!"
- If you stop your boat it is possible that other crews will have to take action to avoid you, so only stop when absolutely necessary, preferably only to spin. Coasting, kit removal, etc. can be done at this time
- When you do stop to spin: do not obstruct crews who have already spun and are waiting to move off
- Move out of the way of other crews waiting to spin
- If you are moving slowly (doing starts, single strokes, etc.) keep into the side of the river and be prepared to move quickly out of the way of oncoming boats

3. DUTY OF CARE / FURTHER EXPECTATIONS

Duty of care on land

- Ensure all club and private boats are signed out before leaving the boathouse, and back in on return



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- Ensure boats are carried carefully by at least the appropriate number of crew and washed down and dried after use (For boats like the LTR quads has to be more than 4 people in many cases)
- Familiarise yourself with the location and use of first aid and emergency equipment
- Ensure boats and equipment are fit for purpose prior to boating (*e.g. complete safety check including heel restraints, riggers, bow balls, buoyancy aids etc.*)
- Petrol tanks, other than those in the launches, must not be stored in the boathouse

Duty of care in the training area

- Inform the Captain or committee member if you see someone you think is using equipment in the training area that is beyond his or her ability (*e.g. misuse of ergos and weights*)
- Keep access to emergency doors clear at all times

Equipment

- The club offers and has invested in a range of both water and land-based training equipment
- Protecting this equipment to reduce damage is paramount in keeping maintenance costs, and therefore membership fees, to a minimum. All users are to respect equipment and if in doubt about its condition or use, please ask for advice or do not use

Equipment damage

- Attach a notice to any unsafe equipment to warn other club members and report damage to the Equipment Manager within 24hrs; do not repair the damage yourself unless you are given permission (*NB: the committee have the right to charge for damage if deemed appropriate*)

Launches

- All occupants must wear a life jacket (*NB: currently this is a buoyancy aid as we do not have life jackets. The committee are following British Rowing recommendation*)
- Drivers must have received club training or are qualified to RYA level 2 or equivalent
- Drivers must ensure the minimum standard equipment is on board: knife, paddle, spare buoyancy aid, first aid kit, throw line, spare rope, emergency jacket or blanket, spare kill cord
- Drivers must provide these safety items: spare fuel, mobile phone, and contact/emergency numbers, any food and water deemed appropriate
- All crew should be using personal safety equipment and clothing appropriate to the prevailing conditions

Payment for events

- All payments to cover the cost of advanced entry fee and contribution towards fuel and towing costs should be paid at the point of entry. Deadline dates are placed on the Club website by the entries secretary
- NB: Parents/carers & juniors are expected to inform the coach which adult is acting in loco parentis; make transport arrangements to and from the event; provide sufficient food and drink for the duration of the event and pay the entry fees as requested

Private equipment

- Club members should take care not to use private equipment without prior authorisation
- Whilst gaining permission to use private equipment, please ensure both parties are clear as to who will pay for any damage concerned
- All private boats should be insured for 3rd party liability by the owner. Certificates are to be copied to the Club Secretary

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Reporting accidents

- All accidents, including capsizes, are to be reported to the Safety Adviser within 24hrs.
- It is the responsibility of all to report any incident to British Rowing using the online reporting facility on the BR website.

Trailer towing

- Guidelines are available in the RowSafe section of the British Rowing website. Members towing the boat trailer are deemed to have read the guidelines for towing and therefore take full responsibility for the compliance with road traffic regulations
- All members racing at events should ensure they (*or alternative cover*) are available to attend boat loading or unloading in a timely manner

Use of Club kitchen and facilities

- Clean and tidy up after yourself. Club members found abusing these facilities will be reported to the Committee
- Provide your own food and drink, unless given permission to use

Visitors

- A member may introduce occasional visitors to the Club
- The introducing member will be held responsible for the conduct and behaviour of his/her visitors
- Guest visitor rowers are charged £4.50. The Club Captain is to be contacted for permission to use club boats and the visitor will ensure the fee is passed to the RTWC manager or via a pay box at the top of the stairs. Guest rowers must confirm that they are able to swim 100m in light clothing or wear an appropriate buoyancy aid. The host rower is responsible for any damage that may be caused by his/her guest
- People, subject to the club rules, may be allowed a number of free visits to use club equipment, and on specific occasions, an agreed day rate is arranged

Volunteers

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Miscellaneous

- Cycles must be stored in the designated areas provided and are not allowed inside RTWC.
- Members and guests using the Dry Side (*bar, large function room, main kitchen*) must maintain an acceptable standard of dress and not be in clothing that has been worn during exercise training
- *Reference to Data Protection/privacy statement and use of photography will be posted here, once approved*

4. RAISING CONCERNS

All breaches

If you have a concern about breaches in the Club's code of conduct in respect of yourself or others within the Club, please raise it with the Club Captain, a regular member of the coaching team, the Club Welfare Officer or a Club Committee member. The person with whom you raise a concern should ensure that any reasonable concern with respect to a possible failure to adhere to the code of conduct is followed up appropriately.

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Disciplinary action may be deemed necessary if a member is found to be contravening the Club Rules / Safety Code. *Please refer to the TRC Grievance and Disciplinary policy for further information.*

Examples of failure to comply with the Club Code of Conduct (normally regarded as misconduct) include:

- Minor breach of club policies
- Refusal to follow instructions e.g. from a club or race official
- Obscene language or other offensive behaviour

Examples of serious breach of the Code of Conduct include:

- Use of alcohol or illegal drugs whilst partaking in any rowing related activity
- Fighting, assault or physical violence to another person
- Gross insubordination
- Refusal to follow any reasonable instruction
- Serious infringement of health and safety rules
- Refusal to carry out contractual duties
- Bullying or harassment. *Please refer to the TRC anti-bullying policy for further information.*
- Falsification of documents
- Unauthorised use or disclosure of confidential information
- Theft from the Club
- Discrimination on any grounds
- Bringing the club into serious disrepute
- A breach of Tees Rowing Clubs and/or British Rowing Safeguarding and Protecting Children or Adults at Risk policies
- Gross negligence giving rise to serious concerns such as, for example, injury/damage/loss to person/property or a serious risk of such injury/damage/loss occurring

5. DECLARATION

Each person upon joining the Club shall sign the following declaration and will be expected to inform the club secretary of any personal changes appertaining to medical condition or swimming ability:

Full Name: _____

Upon acceptance as an athlete at Tees Rowing Club, I understand that rowing is undertaken at my own risk. I confirm that:

- (i) I have read and understood the Code of Conduct, Club Rules and other policies and procedures set out above, and
- (ii) I do not suffer from any disability or medical condition which may render me unfit for strenuous exercise.*

I also confirm that I can swim a minimum of 100metres in clothing.

Signed: _____ Date: _____

*Should a medical condition exist, this will not necessarily preclude you from participation, but it must be declared. Should you be in any doubt, advice should be sought from your family doctor.

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APPENDIX: BRITISH ROWING CODE OF CONDUCT

1. Rights of individuals

All participants in rowing, including children, participants and competitors, coxes, coaches, umpires, marshals and spectators have the right:

- to enjoy safe participation in rowing
- to be treated as individuals at all times
- to express their views
- to be listened to and believed
- to determine their own goals and participation in sport
- to seek support to help them develop
- to receive support for their individual needs
- to balance rowing and other aspects of their life to sustain enjoyable participation in the sport
- to be treated with respect
- to enjoy an environment free of discrimination on the grounds of gender, race, colour, disability, sexuality, age, marital status, occupation or political opinion
- to participate free from the threat of abuse
- not to be subject to humiliation, shame, or insult
- not to have to endure abuse, including verbal abuse, bullying, neglect, or physical abuse
- to enjoy an environment free of sexual harassment and sexual abuse
- not to be exploited
- not to be pressurised to train or compete
- to adequate rest and recovery
- not to train or compete when ill or injured
- to be treated in accordance with British Rowing guidelines
- to receive quality coaching and instruction from appropriately qualified individuals.

2. Code of conduct for participants and competitors

At all times, when practicing, training, or competing at clubs, competitions and events, participants and competitors should:

- follow the rules and procedures of their club
- adhere to British Rowing rules and guidelines
- act in accordance with the rules of the competition or event
- Study in advance, understand, and follow the rules, regulations, and guidelines of the competition/event with regards to safety, emergency procedures, boating, marshalling, and cancellation.
- Follow the directions of marshals, umpires, and officials of the club/competition/event.
- Accept the decisions of officials of the event.
- Not take banned substances.
- act in a sportsmanlike way during training and competition
- treat other competitors, coaches, other water users and officials of clubs, competitions and events with respect
- Avoid swearing at or shouting at others.
- Not threaten others nor engage in acts of verbal or physical abuse or other types of abuse
- respect the rights, dignity and worth of other participants, and not discriminate on the grounds of gender, race, colour, disability, sexuality, age, marital status, occupation or political opinion

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- avoid inappropriate relationships with their coach
- keep to agreed timings or inform the relevant person if they are going to be late.

3. Code of conduct for parents/carers involved in rowing

Parents/carers should recognise the rights of their children.

Parents/carers should:

- ensure that their children have fun when practicing, training, and competing in rowing
- promote the health, safety and well-being of children first and foremost
- not over emphasise winning
- listen to, respect and take into account children's views about participation, and recognise their right to determine their participation
- encourage their children to participate for their own intrinsic enjoyment, not for the enjoyment or ambition of their parents
- encourage their children to take responsibility for their own actions, performance and behaviour
- not force children to participate in the sport
- not allow their children to compete when ill or injured.

Parents/carers should encourage long term participation in rowing.

Parents/carers should work with the club and/or coach to:

- ensure that the level and type of participation is appropriate to their child's stage of development
- encourage children to play and experience a broad variety of sports, particularly younger children
- promote individual progress, skill and development before winning in age group competition, to help promote long term participation of children in the sport
- avoid placing undue pressure on their children
- ensure that the ability and performance of their child in sport is not excessively linked with their own perceptions of self-worth.

Parents/carers should support their child's involvement in training, events and competitions.

Parents/carers should:

- not force their child to take part in the sport
- encourage their child's effort
- be willing to become a member of the club
- be aware of club codes of conduct
- be aware of the club's Welfare Officer
- be aware of the club, competition or event's policies and procedures to ensure the safety of children and others
- provide consent for their child to participate in training, competition and events
- ask about the club's policy for recruiting coaches and officials working with children and vulnerable adults
- inform the coach of individual needs of the child that may affect their participation, including medical conditions or illness
- discuss the requirements of the sport and the nature and duration of the coaching relationship with coaches, at an agreed time and place.



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- provide their children with equipment to suit the conditions, i.e. clothing suitable for cold/warm weather, a water bottle, and sunscreen.
- receive information from the coach about the schedule of the programme of training and the rationale behind the activities
- assist clubs to care for their children, and not to treat the club as a child-minding service
- make arrangements to collect their child promptly at the end of sessions at the agreed time.

Parents/carers should be a good role model at clubs' competitions and events

Parents/carers should:

- encourage their child to accept all individuals and not to discriminate on the basis of their ability, gender, race, religion etc.
- act in a sportsmanlike way when supporting and spectating
- use correct and proper language at all times
- be encouraging towards their children and others
- accept that errors are an important part of learning and not condemn children for making them
- respect officials of the club, event or competition and other participants, supporters and parents
- act with respect for the decisions of officials and coaches, and without criticism
- avoid swearing at, yelling at, or chastising children, officials, coaches, or others
- raise any concerns they have about a child or coach, or their behaviour, as soon as possible with the appropriate designated person at the club or event
- encourage children to follow the rules of events and competitions and to adhere to British Rowing guidelines
- not coach their children at training and competition, unless engaged in recognised coaching responsibilities
- avoid smoking or consuming alcohol whilst supporting.

4. Code of conduct for rowing coaches

Coaches have a responsibility of care

Coaches should:

- take action to report concerns they may have about behaviour towards a child or vulnerable adult, following British Rowing guidelines. Non-action is unacceptable.
- receive, record and report allegations of abuse according to British Rowing guidelines
- hold valid qualifications
- hold appropriate insurance

Coaches should ensure safe practice at all times

Coaches should:

- follow British Rowing water safety guidance
- coaches should ensure that the environment is as safe as possible by assessing and managing risk to an appropriate level
- promote the execution of safe and correct practice

Coaches should look to continually develop their practices

Coaches should:

- accept that improvements in their coaching can always be made
- gain qualifications at a level appropriate to their coaching context



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- follow a programme of continuous professional development
- engage in self-analysis and reflective practice to identify areas for personal improvement
- practice in an open and transparent fashion that encourages other coaches to contribute to or learn from their knowledge and experience
- contribute to the development of coaching by sharing knowledge and ideas with others
- contribute to initiatives to promote the standards and quality of coaching and coaches
- learn about issues in the sport that might affect coaches or participants
- learn about the role of rowing in current local, regional and national initiatives

Coaches should make a commitment to providing quality coaching service to participants

Coaches should:

- plan and prepare for all sessions so that they meet the needs of participants and are appropriate and progressive
- maintain appropriate records with regard to participants
- support talent

Coaches should follow British Rowing guidelines on coaching and safeguarding children and vulnerable adults

Coaches should:

- ensure that any physical contact is appropriate and necessary and is carried out within recommended guidelines, and with the participant's full consent and approval
- avoid any form of sexually related contact, innuendo, flirting or inappropriate gestures when coaching, particularly with under-age participants
- avoid sexual intimacy with participants either whilst coaching them, and also in the period of time immediately following the end of the coaching relationship
- arrange to transfer a participant to another coach if it is clear that an intimate relationship is developing

Coaches should coach in a participant focused way

Coaches should:

- promote the welfare and best interests of participants
- assess each individual's needs, and support individuals to determine their goals
- recognise and accept when it is in the participant's interest, to refer a participant to another appropriate coach or specialist
- assist the participant to access other appropriate services that could aid their development
- recognise the rights of participants to confer with other coaches and experts
- communicate and co-operate with other organisations and individuals in the best interests of the participants
- obtain the agreement of coaches and participants when taking over some or all coaching responsibility
- be aware of and communicate any conflict of responsibility as soon as it becomes apparent
- be aware of the physical needs of participants, especially those still growing and ensure that training loads and intensities are appropriate
- maintain the same level of interest when the athlete is sick or injured

Coaches should coach in a professional manner

Coaches should:

- be transparent and accountable in their coaching practices
- be professional and accept responsibility for their actions



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- clarify from the beginning of the coaching relationship what is expected of the participants and also what they can expect from the coach
- allow athletes access to an appropriate complaints mechanism
- respect the individual's right to transfer between clubs, coaches or other sports
- only assume roles for which they are qualified and prepared
- not misrepresent their level of qualification or experience
- seek out a balance between coaching and lifestyle commitments to maintain an effective and enjoyable coaching career

Coaches should ensure that rowing is a positive recreational activity

Coaches should:

- create an environment free of fear and harassment
- help to maintain enjoyment of rowing
- promote the concept of a balanced lifestyle, supporting the well-being of the athlete both in and out of the sport
- aid participants' motivation
- avoid placing undue pressure on children
- ensure that the ability and performance of the child in sport is not excessively linked with their own perceptions of self-worth

Coaches should promote rowing and health

Coaches should:

- actively promote the benefits of participation in rowing
- promote drug-free sport
- educate participants on the British Rowing policy on the use of performance enhancing drugs and supplements
- should promote health
- avoid smoking, drinking or drug use before or whilst coaching, as this portrays a negative image and could affect the safety of participants in rowing

Coaches should encourage personal empowerment

Coaches should:

- recognise the rights of all participants to be treated as individuals
- allow participants to express their own views and make their own decisions
- canvass and respect participants' reasons for rowing, even if they consider fun and participating more important than winning
- ensure that participants are fully informed of the requirements of the sport and the coaching programme
- respect participants' opinions when making decisions about their participation in the sport
- encourage participants to take responsibility for their own development and actions
- involve participants as part of the decision-making process

Coaches should communicate appropriately

Coaches should:

- follow the guidelines in the British Rowing Safeguarding and Protecting Children Booklet regarding communication with parents and young people
- communicate with and provide feedback to participants in a manner which reflects respect and care
- avoid criticising, or engaging in demeaning descriptions of others
- be discreet in any conversations about participants, coaches or other individuals

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- discuss and agree with participants what information is confidential

Coaches should establish expectations

Coaches should:

- clarify the nature of the coaching services being provided for participants
- inform participants and parents of juniors of the requirements of the sport
- discuss with parents and other relevant parties the potential impact of the coaching programme on junior participants
- inform athletes or their parents of any potential costs in accessing their coaching services

Coaches should be positive role models

Coaches should:

- model, and promote adherence to, the codes of conduct
- display high standards in the use of language, manners, punctuality, preparation and presentation
- operate within the rules and spirit of rowing
- promote the positive aspects of the sport
- challenge and not condone discrimination on the grounds of gender, race, colour, disability, sexuality, age, religion, political opinion, occupation or marital status in the coaching environment
- treat all individuals in the sport with respect at all times, and be fair, honest and considerate
- display control, respect, dignity and professionalism to all involved in rowing
- encourage mutual respect between participants in the sport
- promote tolerance
- act equitably in their coaching and combat discrimination on the basis of gender, age, race, colour, sexual orientation, political opinion etc
- act in a non-violent way
- address any bullying between participants

Coaches should be models of sportsmanlike behaviour

Coaches should:

- act with respect for the opposition
- condemn cheating

Additional Code of Conduct for coaches of Juniors

Coaches of juniors must be familiar with and follow the British Rowing Safeguarding & Protecting Children Policy and Guidance documents.

Coaches of juniors should coach in a child-centred way

Coaches should:

- recognise that children have rights
- ensure that activities are appropriate for children
- consider the child's rights and needs before considering the champion
- work in partnership with the child's parents to ensure the child's needs are met
- keep holistic development as the core objective of participation in rowing
- respect the child's interests in activities other than in rowing and other sports
- not force their aspirations and ambition on children
- respect the right to privacy of young athletes

Coaches of juniors should emphasise quality of training over quantity

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Coaches should:

- ensure that the level and type of participation is appropriate to their child's stage of development
- encourage children to play and experience a broad variety of sports, particularly younger children
- promote individual progress, skill and development before winning in age group competition to help promote long term participation of children in the sport
- encourage the development of good technique before performances
- recognise that the stage and rate of development is not the same for all juniors and allow child participants to compete at their own current level
- emphasise the role that maturation has to play in age group competition
- consider whether it is appropriate to juniors' developmental stage for them to be engaged in intensive training
- ensure that children are not forced to train to excess
- protect the right to health and rest
- coach juniors according to the how much and how often junior guidelines.

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