



**Tyne United Rowing Club
Junior Group
Junior Welfare and Safety**

TURC-JD-02

This document outlines the responsibilities for junior's welfare and safety while involved with Rowing Club activities.

General Responsibilities for Parents

1. Rowing is well known as a sport for the tough! Rowers train despite the weather. So, it is essential for all rowers to attend a training session or a regatta / head with appropriate clothing which protects against cold weather. Whenever the wind chill temperature is below 10 degrees Celsius it is advisable for clothing to include, but not be limited to:
 - long sport leggings
 - thermal long sleeve top
 - additional T shirt
 - a third windproof layer.

Note: Even for land training, warm clothing should be brought to sessions during winter.

2. In addition rowers must bring a change of kit to all water sessions in the event of heavy rain or capsize.
3. All rowers launching from Tyne United steps must have a pair of wellington boots.
4. As an intense physical sport, rowing places a high energy demand on the body. Rowers need to have had sufficient food before exercise and should replenish the energy levels soon after exercise. This is particularly important for competitions where the length of the event may mean the rower is away from home over normal meal times.

Note: Should advice be required on appropriate clothing or nutrition recommendations during / after events, please contact the Junior Coordinator or Welfare Officer.

Training Sessions at TURC

A) Before training

1. The coaches will identify the starting times for each of the training sessions in advance.
2. Upon arrival at the club, parents should confirm that the coach has arrived before they leave. This will ensure that if a situation arises where the coach is unable to attend due to unforeseen circumstances, a Junior is not left unattended at the club.
3. The coach will ensure that a register of attendance is taken.
4. Every effort will be made to start sessions promptly, so if a Junior will be attending, but their arrival is delayed, the coach should preferably be contacted by text with an estimated time of arrival. This is particularly important for water sessions, where a late arrival could result in crews and



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boat allocation being altered, crews having to wait or even the crews and coaches having set off, leaving no-one to look after the Junior.

5. If a Junior does turn up late, the Parent / Guardian must ensure that the coach is there before leaving

B) During training

1. Throughout the training session, the coach(es) act to ensure the safety and welfare of the Junior.
2. Should an incident occur, every effort will be made to contact the Parent / Guardian, but this will not prevent emergency treatment being sought / administered as appropriate, in accordance with the signed consent forms. It is therefore essential that any changes to contact details or medical information are notified to the coach as soon possible.

C) After training

1. The Coaches' responsibility for Juniors ends at the end of the session. Session timings vary depending on whether they are indoor (typically 2 hours) or water sessions (typically 2½ hours). The training plan will generally show the end times of sessions, but these can be confirmed with the coach at the start of a session.
2. If a Junior needs to leave before the usual end time for the session, Coach(es) should be informed no later than the start of the session. If the session is a water session, the relevant Parent / Guardian may need to assist their child with getting their boat out of the water, cleaning and putting away.
3. Parents / Guardians should make every effort to be at the Club to collect their child(ren) before the session is due to end.
4. If for any reason, the Parent / Guardian is delayed in getting to the club, a text message should preferably be sent to the coach advising of the delay and expected time of arrival.
If a parent is going to be late, the Coach will stay at the Club with the Junior, and preferably try to ensure that another coach or parent stays as well. If the Coach is unable to stay late, the Junior will be looked after by another parent.
5. Should it be acceptable for the Junior to make their own way home from training e.g. cycle, bus, this should be advised in advance to the coach. Responsibility for the Junior ends when they leave TURC premises.

Competitions and Events

A) Day competitions

1. Though Tyne United Rowing Club submits the entries to British Rowing for competitions this does not imply that attendance at these events are 'organised by the Club'.



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2. Whilst attending competitions, Junior rowers remain the responsibility of their Parents / Guardians. Coaches/volunteers attend events in order to assist with boats and the competitive element of the event.
3. Although coaches/volunteers will have access to emergency details/medical information, it must be emphasised that this is for safety reasons only and does not imply responsibility for Juniors' supervision and welfare at heads or regattas.
4. Should the Club organise an official 'trip' parents will be made clear of who is responsible and will be asked to complete appropriate consent forms.

B) Events / Competitions involving overnight stays

1. Where participation at an event will require an overnight stay, responsibility for the Junior will depend on whether the Parent / Guardian will be attending, and whether the team members stay with their Parent / Guardian or in team accommodation.
2. Where a Parent / Guardian is attending the event, and the Junior is staying in the same accommodation as the Parent / Guardian, then the responsibility for the Junior remains with the Parent / Guardian throughout the event.
3. Where the Parent / Guardian is not attending the event, or where the Juniors are staying in team accommodation separate from the Parent / Guardians, then the coach will take responsible for the Junior.
In such a situation, this will have been agreed in advance, the relevant risk assessments prepared and the appropriate consent, contact information and medical disclosure forms will have been correctly completed in advance. These forms are available from British Rowing or the club welfare officer. (turc.welfare@googlemail.com)