**Club Constitution & Rules**

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*(Change this Crest for your Club crest)*

**2021**

**Club Constitution**

**1. Club Identity**

1. The name of the club shall be XXXXXXXXXX Rowing Club,
2. The club colours are ZZZZZZZZZZ.
3. The club crest is: 

*(Change this Crest for your Club crest)*

Which is a Stag Deer standing in front of a body of water with the Sugerloaf Mountain in the background. The shield is crossed by two oars.

**2. Objectives**

The Club is established to pursue the following objectives:

1. Participation in the sport of Coastal Rowing.
2. Membership of appropriate organisations for the purpose of establishing regular competitive engagement for the club’s members.
3. Link Ups with similarly minded clubs and organisations to promote and advance the objectives of this club and its Members.
4. The provision of training and practice facilities for its members.
5. Promoting and maintaining the highest standards of technical competence and safety in the field of Coastal Rowing.
6. Upholding the rules of the Coastal Rowing.
7. Providing equal opportunities for participation in the sport of Coastal Rowing by all sections of the community.
8. The promotion of the sport in the (Town, Village, etc) community and beyond.
9. The protection of all children who participate in all activities related to the Club.

**3. Affiliation**

The Club shall be affiliated to the Irish Coastal Rowing Federation and any other such organisations which the club may deem to be beneficial in assisting the club to further its aims and the aims of the sport of Coastal Rowing.

**4. Membership**

All Club Members shall be subject to this Club Constitution, all Club Rules, any Codes and Policies which may be adopted by the Club including the Club’s Child Protection Policy, the Rules, Regulations, Codes and Policies of the Irish Coastal Rowing Federation.

1. Membership of the club shall be open to all individuals provided they comply with this Constitution.
2. No person shall be refused membership on the grounds of race (including membership of the Travelling Community), colour, creed, religion, sex, sexual preference, impairment or disability.
3. All applications for membership shall be accompanied by the appropriate annual membership fee, which shall thereafter be payable on demand.
4. Each fully paid up member shall be entitled to attend and vote at all General and/or Annual General Meetings.
5. Fully paid up members may be elected to and serve on the Club Committee.
6. A copy of this Constitution shall be available to all members on demand.
7. Only fully paid up members shall be permitted to participate in any of the club’s activities.

**5. Suspension, Refusal or Termination of Membership**

1. The Club Committee shall be entitled to:
2. Refuse any application for membership on the grounds that such membership would be prejudicial to the objectives of the club as set out in Rule 2 of this constitution.
3. For good and sufficient reason to refuse renewal of any existing membership or terminate or suspend any membership provided that the member concerned shall have the right to be heard by the full Club Committee before any final decision is made.
4. The member may apply for reinstatement at the next general meeting.
5. Any member who fails to pay their fees by the due date shall forfeit their right to representation on the Club Committee and at General Meetings, and shall be suspended from taking part in any event or activity under the control of the club until such fees are fully paid.
6. Any member under suspension shall be barred from representing the club in any event or taking part in any event or activity under the control of the club.
7. The Club Committee shall inform the member in writing of any decision to terminate their membership.
8. Issues relating to the conduct of adult members should in the first instance, be addressed to the Club Chairperson or Secretary for investigation by the Club Committee. All parties involved shall have the right to be heard by the full Club Committee before a final decision is made.
9. Issues relating to the conduct of underage members or issues relating to the conduct of adult members where an underage member is also involved shall be addressed to a Child Welfare Officer. In this case an underage member is a person who has not yet reached their eighteenth birthday.

**6. Annual General Meetings, Emergency General Meetings and Ordinary Meetings**

1. **Annual General Meeting (AGM)**

An Annual General Meeting shall be held annually during the ‘Close Season’ which is deemed to be between October and March. The Club Chairman *(in consultation with the rest of the Committee)* shall decide the time and place of the AGM.

The business of the AGM shall include:

1. To receive and adopt the minutes of the previous AGM.
2. Presentation of Chairperson’s Report.
3. Presentation of Secretary’s Report.
4. Presentation of Treasurer’s Report incl. Financial Accounts for the previous year.
5. Election of Officers for the coming year.
	* Nominations to each position shall be accepted at the meeting.
	* Each Nominee must have a Proposer and a Seconder.
6. Setting of Fees.
7. Notices of Motion including adoption of new rules and changes to this Constitution.
	* All motions for Rule Changes can be accepted at the meeting.
	* Each motion must have a Proposer and a Seconder.
	* Rule changes can be made provided a simple majority of those in attendance at the AGM votes in favour of the change.
	* Motions for changes to the Constitution must be submitted to the Secretary at least 10 days in advance of the scheduled date of the AGM.
	* The Secretary shall circulate to members &/or publish (online &/or print) any motions received for changes to the Constitution, at least 7 days in advance of the scheduled date of the AGM.
	* Changes to the Constitution can be made provided at least 25% of the Club Membership is in attendance at the meeting and a two thirds majority of those in attendance votes in favour of the change.
8. Any Other Business.

**Notice of Annual General Meeting:** A minimum of 21 days notice *(including the Agenda)* must be given. This must be done by means of individual letters to all members or publication of a notice online &/or in print.

**A Quorum for an AGM:** shall be at least 51% of the membership or 6 members *(whichever is smaller)* including the Chairperson, Secretary and Treasurer *(or their Deputies)*.

1. **Extraordinary General Meeting (EGM)**

An Extraordinary General Meeting can be called by any one of the following:

1. A written request to the Secretary stating the reason for the meeting, signed by 50% of the fully paid up membership or by 20 fully paid up Members, *(whichever is smaller)*. *(The EGM must be held no later than one calendar month from the receipt of this request)*.
2. By the Chairperson.
3. By a minimum of 51% of the Club Committee.

**Notice of an Extraordinary General Meeting:** A minimum of 10 days notice *(including the Agenda)* must be given by the Secretary to the Membership. This must be done by means of individual letters to all members or publication of a notice online &/or in print.

**A Quorum for an EGM:** shall be at least 51% of the membership or 6 members *(whichever is smaller)* including the Chairperson, Secretary and Treasurer *(or their Deputies who can perform their duties)*.

1. **Members Meetings & Committee Meetings**

Notice *(including the Agenda)* for Members Meetings and Committee Meetings shall be a minimum of 7 days. A quorum shall be at least 51% of the membership or 6 members *(whichever is smaller)* including the Chairperson and Secretary *(or their Deputies who can perform their duties)*.

**7. Meeting Procedures**

1. The Chairperson is in charge of all meetings and is responsible for ensuring that proper procedures are adhered to.
2. In the absence of the Chairperson, the vice Chairperson shall take His/Her place.
3. At Members Meetings and General Meetings, each paid up Member (including Committee Members but excluding the Chairperson) is entitled to one vote.
4. At Committee Meetings, each Committee Members (excluding the Chairperson) is entitled to one vote.
5. Except where otherwise specified, all votes shall be determined by a simple majority.
6. In the event of a tied vote, the Chairperson shall be entitled to a casting vote.
7. The Secretary shall be responsible for having the minutes of the meetings recorded including all proceedings and resolutions. The minutes may be taken by another nominated Committee Member but ultimately, the Secretary is responsible for ensuring that they are recorded.

**8. Election of Officers and Committee Members**

1. Officers and Committee Members shall be drawn from the Club Membership.
2. A Presiding Officer will oversee the election of officers. The Presiding Officer will be selected by a show of hands.
3. Candidates for Election to Officer’s positions and positions on the Club Committee must be Nominated and Seconded by fully paid up Members in attendance at the meeting.
4. If there is only one Nominee for an Officer’s position, that Nominee will be deemed elected without a vote. If there is more than one candidate duly nominated and seconded for a position, then an election by a show of hands shall be held.
	* 1. To be elected, a candidate must receive at least 51% of the votes cast.
		2. In the event that no candidate receives at least 51% of the votes cast, then the candidate with the lowest number of votes will be eliminated and a new vote will be held minus the eliminated candidate.
		3. This procedure will be repeated until such time as one candidate receives at least 51% of the votes cast or, in the event of a tie, if the Incumbent is still in the reckoning, He/She will be deemed elected. Failing that, the Presiding Officer shall have the deciding vote.
5. Elected Officers and Committee Members shall hold their positions until the next Annual General Meeting.

**9. Members of the Club Committee**

1. The Club Committee shall consist of the following Officers: Chairperson, Vice Chairperson, Secretary, Assistant Secretary, Treasurer, Public Relations Officer, Fundraising Officer, Club Captain, Child Welfare Officer(s), (There may be one or two Child Welfare Officers, depending on the needs of the club at the time. If there are two CWOs, there must be one offer of each gender), Safety Officer.
2. All Officers and Committee Members shall be entitled to one vote each at Committee Meetings. In the event of a tied vote the Chairperson shall have an additional casting vote.
3. When it deemed necessary or appropriate, the Club Committee shall have the right to create new Officer positions and co-opt (Club) Members to serve in those positions until the next AGM. The number of co-optees shall not exceed one third of the total number of persons serving on the committee at that time.
4. New Officers’ positions which were created by the Club Committee during the previous year must be confirmed/ratified at the next AGM. If the position is confirmed/ratified, it shall be filled in accordance with 6(a) above. If the AGM chooses to decline to ratify the position, then the position shall lapse and will not be filled. The Club Committee shall not then be permitted to create the same or a corresponding position until after the next AGM.
5. The Club Committee shall have the right to co-opt (Club) Members to fill vacant positions on the Committee. Co-opted Officers and Committee Members shall serve until the next AGM. The number of co-optees shall not exceed one third of the total number of persons serving on the committee at that time.
6. The Management Committee may appoint any sub-committees it may deem necessary to deal with the matters of the club, until the conclusion of the following AGM.

**10. Responsibilities and duties of Officers on the Club Committee**

This is a list of primary responsibilities of each officer on the Club Committee. This is a non-exhaustive list; Officers may from time to time perform duties outside of the guidelines below. The list details with whom ultimate responsibility for each activity lies.

However, Officers may delegate some responsibilities as they see necessary.

1. **Chairperson**
2. Chairing of meetings.
3. Setting of meeting dates *(in consultation with the Secretary)*.
4. Management of Club’s annual regatta.
5. Organisation of Club fundraisers.
6. Seeking and renewing long term sponsorship agreements.
7. Ensure club is represented at SWCYRA meetings.
8. Overall responsibility for the good operation of the Club.
9. **Club Captain**
10. Development of training time schedules for all crews.
11. Development of coxing/coaching schedules for all crews.
12. Maintenance and implementation of all training programmes.
13. Maintenance of rowing equipment *(boats, oars, rowing machines, tillers)*.
14. Completion of Championship crew lists.
15. Preparation of equipment for regatta *(boat, trailer, mat, oars, polish, cloths, life jackets, toolbox, etc)*.
16. Ensuring adequate supplies of polish and cloths for training.
17. Act as the Club’s Representative at regattas and events, with the authority to make decisions in the best interests of the Club and Members.
18. Crew Selection *(in consultation with those crews)*.
19. **Secretary**
20. Minutes of meetings.
21. Preparation and issuing of meeting agenda’s.
22. Issuing and receipt of correspondence.
23. Competition entry forms.
24. Grant applications.
25. Group texts and emails.
26. Meeting Notices.
27. **Treasurer**
28. Maintenance of accounts
29. Holder of cheque book.
30. Collection of Membership fees/dues.
31. Purchases.
32. Club merchandise.
33. Repayment of receipted expenses.
34. Church gate collection.
35. **PRO**
36. Submission of reports and photographs to local media.
37. Promotion of Fundraisers.
38. Maintenance of website and social media sites.
39. **Safety Officer**
40. Upholding and maintaining of the Club Safety Statement.
41. Maintenance of life jackets.
42. Maintenance of first aid kit.
43. Ensure the Club maintains the highest safety standards at training’s, at regatta’s and during the Club’s events such as the Annual Regatta.
44. **Child Welfare Officer**
45. Maintenance and implementation of the Club’s Child Protection Policy.
46. Holder of membership forms and code of respect forms.
47. Ensure child protection training and certification of coxes and coaches is up to date.
48. Implementation of child protection related directives as issued by the ICRF and relevant statutory authorities.

**11. Rules for Committee meetings**

1. The Chairperson shall chair the meeting. In his/her absence the Vice Chairperson shall chair the meeting.
2. 7 days notice of any meeting of the Club Committee shall be given by the Secretary, except when:
3. The date of the meeting has been agreed at the previous Committee meeting.
4. In an emergency, the Chairperson may call a meeting at three days notice.
5. Provided there are no objections from any Committee Members, meetings can be called at one day’s notice.
6. The quorum at Committee meetings shall be 51% of those Officers/Committee Members entitled to vote.
7. All members of the Club Committee including Officers and Chairperson shall be entitled to vote.
8. All votes shall be determined by a simple majority. In the event of a tied vote, the Chairperson may exercise an additional casting vote.

**12. Finance**

1. The income and property of the club, however derived, shall be applied solely towards the objectives of the club as set out in Section 2 of this constitution.
2. The club shall have the power to raise money by means of yearly membership fees as determined by the Management Committee at the Annual General Meeting and through various other means i.e. company sponsorship, fund-raising activities through social events, raffles, annual regatta sponsorship, etc.
3. All monies shall be lodged in a bank account in the name of the club.
4. The Treasurer and One duly appointed Co-Signatory *(ideally the Chairperson)* shall be authorised signatories to sign cheques on behalf of the club.
5. The financial year of the club shall run between consecutive AGMs.

**13. Amendments to the Constitution**

This Constitution may only be amended by a proposal passed by two thirds of members present and entitled to vote at an Annual or Extraordinary General Meeting. Proposed amendments will be notified to the membership in the meeting agenda.

**14. Amendments to the Rules**

The Rules may only be amended by a proposal passed by a simple majority of members present and entitled to vote at an Annual or Extraordinary General Meeting. Proposed amendments will be notified to the membership in the meeting agenda.

**Club Rules**

**15. Code of Conduct Coaches**

15.1. Respect the rights, dignity and worth of every person and treat each one equally regardless of age, gender or ability.

15.2 Ensure that nobody involved with the club acts towards or speaks to another person in a manner or engages in any other conduct which threatens, disparages, vilifies or insults another person on the basis of that person’s race, religion, colour, descent, national, ethnic or socio-economic background.

15.3 Be positive during coaching sessions so that participants always leave with a sense of achievement and an increased level of self-esteem.

15.4 Recognise the development needs of young Members (avoid excessive training or (competition) and ensure that they are matched on an individual or team basis.

15.5 Rotate the team captain and the method used for selecting teams so that the same children are not always last to be selected.

15.6 Be punctual, properly attired, lead by example, avoid smoking or the consumption of alcohol in the presence of young people.

15.7 Plan and prepare appropriately for each session and ensure proper levels of supervision.

15.8 Ensure games, activities and playing equipment are customised to suit the needs of those involved in terms of age, ability, experience and maturity.

15.9 Avoid over-coaching i.e, insisting upon set (stereotyped) training patterns where individual decision-making and creativity are stifled or where young people are confined to playing in set positions on a continuous basis.

15.10 Don’t shout at or lecture Members or reprimand/ridicule them when they make a mistake. (Children learn best through trial and error. They should not be afraid to risk error to learn).

15.11 Set realistic – stretching but achievable – performance goals

15.12 Praise and reinforce effort/commitment and provide positive feedback

15.13 Never equate losing with failure and do not develop a preoccupation with medals and trophies.

15.14 Encourage parents/guardians to play an active role in organising activities and to draft a Code of Discipline for everyone involved.

15.15 Never use any form of corporal punishment or physical force.

15.16 Never use foul language or provocative language/gestures to another Member, Opponent, Umpire or Official.

15.17 Avoid sending private messages – voice/ text/ e-mail – to young Members. (All messages/circulars etc. should be in writing and directed to the young person’s parents/ guardians).

15.18 On occasions when the team travels away, separate sleeping facilities must be provided for all adults. If both genders are in the group, male and female Coaches must be present.

15.19 It’s important to recognise that certain situations e.g. staying over at the Coach’s residence or friendly actions – e.g. horse play/role play/telling jokes etc. - could be misinterpreted and lead to allegations of serious misconduct or impropriety.

15.20 Do not have a situation where you are alone in a car or dressing-room with a Young Member.

15.21 Do not take coaching sessions on your own.

15.22 Avoid any inappropriate touching when assisting Members to perform a technique or when First Aid is being administered.

15.23 Make adequate provision for First Aid and do not encourage or allow Members to row whilst injured. (Keep an adequate record of each injury and ensure that another official - referee/ team mentor – is present when a Member is being attended to and can corroborate the relevant details).

15.24 Ensure Members are safely attired and that proper insurance arrangements are in place.

15.25 Ensure that each Member observes a high standard of personal hygiene.

15.26 Ensure that all dressing rooms and areas occupied by the Team, prior to during or immediately following the completion of any match are kept clean and are not damaged in any way

15.27 Ensure that unrestricted access to the internet is not provided on the Club premises.

**16. Code of Conduct for Rowers**

16.1 It should be the aim of all rowers to attend training sessions and regatta days on time with all correct clothing and be ready 15 minutes before training starts and 30 minutes before the regatta starts.

16.2 All rowers must conduct themselves in training and regatta days, ensuring that their level of behaviour is of the highest standards at all times and show respect to their Manager/Coach, other rowers in their team, opponents and the equipment/building they are using.

16.3 Represent their club and family with pride and dignity.

16.4 Participate fairly, do their best and enjoy themselves.

16.5 Respect officials and accept their decisions gracefully

16.6 Respect fellow team members giving them support when they do well or not so well.

16.7 Respect their opponents, before and after races irrespective of the result or previous results.

16.8 Be modest in victory and gracious in defeat.

16.9 Set high standards of fair play for others to follow.

16.10 Let the Club Captain know when they are unavailable for training or competition.

16.11 Wear with pride, official club colours / uniform when requested.

16.12 Support club activities where possible

16.13 All rowers representing the Club who fall below the expected standards and levels of behaviour will be subject to disciplinary action. Examples of unacceptable action include:

* Abusive behaviour/language towards team mates/ opponents
* Disrupting Training
* Threatening behaviour
* Violent conduct
* Bad sportsmanship
* Persistently being cautioned

Any member displaying unsporting behaviour will be liable to immediate substitution or suspension by the Club for a period as determined by the Club Committee.

16.14 Any Member found to be in breach of the code of conduct will be subject to sanction, which will, in the first instance, be a matter for the Club Captain and could include a fine and/or suspension and/or face the Committee to explain their behaviour. This could result in their membership being suspended or in certain cases, being expelled from the Club.

**17. Disclaimer**

All Members row and train at their own risk. Whilst the Club will provide appropriate insurance cover, there is no requirement on the Club to meet any costs arising for any Member who may be injured whilst participating in club activities, i.e training, competing in regattas or similar events, fundraising, etc.

**18. Code of Conduct for Parents, Guardians, Spectators**

18.1 It is the aim of this Club to promote the highest standards of sportsmanship and fair-play and to ensure the spirit of the sport is not abused.

18.2 Any adult taking part in any activity organized by the Club, or attending such an activity with the Club as a guest or another, shall conduct him/herself in an exemplary manner.

18.3 Adult behaviour must be of the highest standard to set the correct example to the Members.

18.4 Young Members should expect advice, encouragement and support and not be embarrassed or humiliated by the adults watching them.

18.5 Adults should not shout, swear, argue, become violent or use sarcasm. Wherever possible Young Members who require help should be assisted and encouraged to overcome any difficulties.

18.6 **Adults should:**

* Always look for aspects to praise rather than rebuke
* Praise good behaviour to show that adults value it
* Praise effort and performance, rather than just achievement, most often in the case of a victory
* Emphasise the importance of involvement first, winning second
* Display patience
* Ensure rowers have a clear understanding of the standards of behaviour expected
* Help Members understand the rules; talk to them, not at them!

18.7 Matters of team selection, remain the sole responsibility of the Club Captain. His/Her Decision will be final.

18.8 At all times, during the course of the regatta, the decisions made by the stewards, qualified or unqualified, appointed to officiate, will remain final.

18.9 Any parent/guardian or spectator (associated with a Member) whose behaviour is considered to fall below the required standard, may result in the membership of that Member being suspended or cancelled.

18.10 Any complaint regarding the opposition, stewards, spectators, or any other aspect of the sport must be dealt with by the Club Captain. If the matter is considered serious enough, the Club Secretary will inform the appropriate authority. It is not be acceptable for individuals to take the law into their own hands.

18.11 All parents, guardians and spectators shall abide by the rules of the Club and of the Irish Coastal Rowing Federation.

18.12 Spectators should:

* Be of your best behaviour and lead by example
* Applaud good performance by visiting clubs as well as our own
* Show respect for our club’s opponents. Without them there would not be a race.
* Condemn the use of violence in all forms at every opportunity
* Verbal abuse of stewards or officials cannot be accepted in any shape or form.
* Encourage young Members to abide by the laws and spirit of the Coastal Rowing.

**19. Team Training**

19.1 Training will be overseen by the Club Captain.

19.2 The Club Captain will have complete control over all aspects of the training of new and existing members within the club.

19.3 Crew Training Rotas will be available to all members.

**20. Crew Selection**

20.1 The selection of all Crews is the responsibility of the Club Captain.

20.2 The Club Captain is appointed at the Annual General Meeting.

20.3 The Club Captain’s decision is final.

**21. Membership**

21.1 Anyone who wishes to become a member of XXXXXXXXXX Rowing Club must fill out the appropriate Membership Application form and submit it with the appropriate fee. Forms are available on request from the Club Secretary.

21.2 Anybody who wishes to participate in club activities must be a paid up member at that time.

21.3 All club members must abide by the club constitution, club rules, club policies.

21.5 All members are asked to keep themselves familiar with club activities and to participate where possible.

21.6 All members of the club must behave in a respectable manner while taking part in club activities and will not do anything to bring the club into disrepute.

21.7 Under no circumstances may a member participate in club activities whilst under the influence of alcohol or any illegal substances.

**22. Facilities / Boats**

22.1 The boats can only be used when a committee member or person authorised by the committee is present, except at the discretion of the committee. Anybody found using the boats without such permission may be subject to disciplinary action.

22.2 All members must take due care of the boats, oars and all club equipment.

22.3 Each use of the boats should be noted in a boat Log. This should detail date, time and venue used as well as purpose and authorised person overseeing activity. It should also note time of return to storage.

22.4 Boats must be cleaned and stowed away properly after every use.

**23. Health and Safety**

23.1 All aspects of Health and Safety will be overseen by the Committee.

23.2 Prior to any training session taking place the club safety officer must confirm that weather conditions are suitable for training to commence.

23.3 All rowers rowing in categories above Under 18 must have a lifejacket / buoyancy aid with them in the boat at all times whilst on the water.

23.4 All rowers rowing in categories above Under 18 must have a lifejacket / buoyancy aid with them in the boat at all times while on the water.

23.5 The Club must ensure that it has appropriate Insurance in place to cover all club activities.

**24. Training**

24.1 Each training session is to have a person overseeing the session. That person’s responsibility is as follows:

* + 1. That crews are ready once the boats return to shore
		2. That all crews have appropriate safety devices
		3. That the coxes are wearing their lifejackets / buoyancy aids.
		4. That each session is done in a safe and appropriate manner
		5. That the Club Captain has approved the training session

**25. Coxes**

25.1 All Coxes must wear a lifejacket/ buoyancy aid at all times whilst on the water.

 This must be worn over all other clothing.

25.2 A Cox must consider safety a priority before all other actions.

25.3 A Cox is compulsory at all times.

25.4 All crews under the age of 18 years must be in the charge of an adult Cox (over 18).

25.5 Coxes for adult races must be at least 16 years of age.

25.6 Each Cox must wear club colours.

25.7 All Coxes must remain seated at all times on the water.

**26. Club Gear**

26.1 Members should wear Approved uniform at all events.

26.2 When racing, all club members must wear official club uniform.

**27. Anti-Discrimination Policy**

XXXXXXXXXX Rowing Club is committed to setting standards and values to apply throughout the Club. Coastal Rowing belongs to and should be enjoyed by everyone, equally. Our commitment is to confront and eliminate discrimination whether by reason of sex, sexual orientation, race, nationality, ethnic origin, colour, religion or disability. Equality of opportunity at XXXXXXXXXX Rowing Club means that in all our activities we will not discriminate or in any way treat anyone less favourably, on grounds of sex, sexual orientation, race, nationality, ethnic origin, colour, religion or disability.

This includes:

* Volunteer Selection
* Courses
* Coaching and education activities and awards
* Club activities
* Crew Selection
* Appointments to Honorary positions

XXXXXXXXXX Rowing Club will not tolerate sexual or racially based harassment or other discriminatory behaviour, whether physical or verbal and will work to ensure that such behaviour is met with appropriate action in whatever context it occurs. XXXXXXXXXX Rowing Club supports awareness raising events and activities in order to promote the eradication of all forms of discrimination within Coastal Rowing.

**28. Anti-Doping Policy**

The XXXXXXXXXX Rowing Club supports the ‘Anti-Doping in Sport’ policies of the Irish government and in keeping with that support, prohibits the use of all performance enhancing drugs and supplements which are proscribed and recognised as such by the Sports Council and Irish Olympic Committee. The club, its officers and members agree to fully co-operate with any testing procedures etc. as may be proposed or requested by the relevant statuary sports bodies, be they during competition or outside of competition or within the jurisdiction of the Irish Republic, and any individual found to have failed any properly conducted test and who does not provide a proper and acceptable medical explanation, will be disciplined including banishment in line with such standards which are currently recommended and practiced by the relevant statuary and Olympic bodies.