



LVRC Disciplinary Procedure for Junior Members

This procedure is taken from the LVRC Code of Ethics adopted on the 19th August 2019.

When discipline is used it should be with the clear intention of teaching or reinforcing appropriate behaviour. It must not be used impulsively, to gain power, or to embarrass or humiliate a child/young person.

Discipline should be used only to:

- develop a sense of responsibility for behaviour
- develop respect for others and their property
- reinforce the rules or values of the sport
- reinforce positive behaviour or attitudes
- reinforce awareness of health and safety aspects of the activity.

Sanctions

The use of sanctions is an important element in the maintenance of discipline. The age and developmental stage of the child should be taken into consideration when using sanctions. Sanctions should be fair and consistent and in the case of persistent offence, should be progressively applied. They should never be used to retaliate or to make a coach feel better.

The following steps used in conjunction with the Code of Conduct for Junior Members will be followed:

- rules should be stated clearly and agreed
- a verbal warning should be given if a rule is broken (green card warning)
- a sanction (for example, use of time out) should be applied if a rule is broken for a second time (amber card warning)
- if a rule is broken for the third time the child should be spoken to and the parents/guardians should be involved (red card warning)

Sanctions should not be applied if a coach is not comfortable with them. If an appropriate action cannot be devised right away, the child should be told that the matter will be dealt with later, at a specified time and as soon as possible.

A child should not be sanctioned for making errors when s/he is rowing.

Physical activity (e.g. running laps or doing push-ups) should not be used as a sanction. To do so only causes a child to resent physical activity, something that s/he should learn to enjoy throughout his/her life.

Sanctions should be used sparingly. Constant sanctioning and criticism can cause a child to turn away from sport. Once sanctions have been imposed, it is important to make the young person feel s/he is a valued member of the group again. Sanctions may need to be recorded and parents informed.

Any misdemeanours or general misbehaviour will be addressed by the immediate coach and reported verbally to the designated person. Persistent misbehaviour will result in dismissal from the club. Parents will be informed at all stages. Dismissals can be appealed by the junior member with the final decision taken by the club committee.