

PHOENIX CANOE CLUB

CLUB CODE OF CONDUCT

It is the policy of the **Phoenix Canoe Club** that all paddlers, volunteers, coaches and parents show respect and understanding for each other and conduct themselves in a way that reflects the principles of the Club. The aim is for all paddlers to improve performance and have fun.

Everyone involved in the Club should abide by the Club Rules and Policies.

PADDLERS

- Take care of all property belonging to the club or club members
- Treat other Club members with respect at all times — on and off the water — treat other paddlers as you would want to be treated yourself
- Control tempers and avoid behaviour which may inconvenience or upset others
- Co-operate and listen to your coach or Club officials

CLUB OFFICIALS, COACHES AND VOLUNTEERS

- Consider the well-being and safety of paddlers before the development of performance
- Develop an appropriate working relationship with performers, based on mutual trust and respect
- Make sure all activities are appropriate to the age, ability and experience of those taking part
- Display consistently high standards of behaviour and appearance
- Follow BCU and Club guidelines and Policies
- Hold the appropriate, up-dated qualifications and insurance
- Encourage paddlers to value their performance and not just results
- Never condone the use of prohibitive substances

PARENTS/GUARDIANS

- Help your child to recognise good performance, not just results
- Never force your child to take part in sport
- Never punish or belittle a child for loosing or making mistakes
- Publicly accept official's judgements
- Support your child's involvement and help them to enjoy the sport
- Use correct and proper language at all times
- Set a good example by applauding good performances of all paddlers

CANOEING INFORMATION

THE BRITISH CANOE UNION

The BCU is the governing body of the sport of canoeing and kayaking in the UK. The **Phoenix Canoe Club** is affiliated to the BCU and follows the Star Test awards and coaching system.

BCU ONE STAR TEST

The One Star Test is the first level of progression through the awards scheme and is a basic assessment of ability at the end of an introductory course. The course encourages safe practice, regard for the equipment and fun.

The course covers the following:

Lifting, carrying and launching the canoe
 Forward and reverse paddling
 Stopping
 Rotate 360° on the spot
 Paddle a figure-of-eight course
 Return to bank and disembark

Capsize, swim ashore and empty

Move kayak sideways
 Rudder
 Preventing a capsize

General safety, equipment and environment questions

YOU WILL NEED TO BRING

This form, completed and signed with course fee
 T shirt or sweat shirt
 Shorts or tracksuit trousers
 Old trainers, sandals or wetsuit boots
 Hat / suntan lotion if sunny
 Towel
 Dry clothes to go home in
 Money for drinks / snacks

WE WILL SUPPLY

Kayak & Paddles
 Buoyancy Aid
 Cagoule
 Wetsuit if required
 Tuition by qualified BCU Coaches
 Clubroom and changing facilities
 Insurance cover

MEMBERSHIP FEES

ANNUAL MEMBERSHIP 2009 / 10

Senior Club Membership	£45.00	£	N/A
Junior Club Membership	£30.00	£	N/A
Additional sibling	£20.00	£	N/A
Family Membership (2A+2C)	£120.00	£	N/A
Non-Canoeing member	£Free	£	N/A

(Adults must submit Personal Declaration Form to BCU)

All memberships include a BCU Capitation Fee, which provides minimum insurance cover.

COURSE FEES

Introductory 1 Star Course (Junior)	£45.00	£	N/A
Introductory 1 Star Course (Senior)	£65.00	£	£65.00

(Award Certificate and river trip included in Course fee)

River Trips at cost advertised

2 Star Course £15 plus river trip

3 Star Course £20 / £30 plus river trips

TOTAL PAYMENT ENCLOSED £.....