



AVALON DRAGON BOATING CODE OF CONDUCT FOR ALL MEMBERS – 2026

The Code of Conduct outlines the principles and expectations every member should follow to ensure a positive experience for everyone, regardless of skill level or purpose.

Sportsmanship and Team Spirit

- Uplift and support teammates.
- Treat fellow paddlers, coaches, competitors and community members with respect.
- No coarse, obscene or derogatory language or put downs of others of any kind will be tolerated.
- Welcome and support paddlers of all skill levels and backgrounds.

Practice and Race Preparation

- Paddlers should attend at least 75% of practices.
- Sign up for practices and races ahead of time. Cancel if you are unable to attend.
- Arrive on time for practice.
- Perform warm-up exercises before each practice and stretch after practice.
- Follow instructions and protocols for safety.
- Conversation in the boat should only occur during breaks.
- Paddler to paddler coaching should be avoided.
- Provide feedback to the coach, if requested, or at the end of practice.

Personal Responsibility

- Wear a PFD at all times in the boat.
- Listen to your body and be mindful of your own limitations.
- Properly fuel and hydrate before and after practice
- Make a commitment to training and self-improvement.
- Use team equipment properly and respectfully.
- Contribute to the maintenance of boats and equipment at practices and at season's beginning and end.
- Approach training with a positive, growth mindset, even if training may be challenging – negativity affects the mindset of other paddlers.
- Report injuries or physical restrictions to the coach.

Conflict Resolution

- Address issues and conflicts openly and respectfully with the involved parties.
- Any member experiencing or witnessing poor behaviour should report it immediately.
- Seek assistance from team captain or a director to resolve disputes when necessary.

Power Dynamics

- Coaches and volunteers must recognize and respect their role's inherent power dynamics and never misuse their position for personal gain or to coerce, pressure or intimidate members.