



RUSHBROOKE ROWING CLUB

Rules & Regulations

1. Anyone wishing to become a member of the Club must fill out an application and provide three passport size photographs together with the appropriate fee. Forms are available from Honorary Secretary. Membership runs from January 1st to December 31st each year. Existing members must be paid up by 1st March and new members upon entry.
2. All Club Members must abide with our Club Constitution, Club Rules, Club Policies and Club Code of Best Practice.
3. All of our Club Constitution, Club Rules, Club Policies and Club Code of Best Practice are in use when any member is involved with Club Business on the Sreand, Gym representing the Club on away trips.
4. All members are asked to keep themselves familiar with Club activities and to participate where possible.
5. The boats can only be used when a committee member is present, except at the discretion of the committee.
6. Anybody found to be using the boars in the absence of a committee member will be disqualified from the Clun.
7. All coxes must wear a life jacket / buoyancy aid at all times on the water.
8. A set of life jacket / buoyancy aids must be available at all times for adult crews.
9. All under age crews must wear life jacket / buoyancy aids at all times in the water.
10. All members must take due care of the boats, oars and all club equipment.
11. The boats are to be washed and cleaned once a week.
12. Boats must be stowed properly after use.
13. Oars are not to be used to push boats of the strand.
14. All members must take due care to avoid rubbing the boats on stones on the strand.
15. The rudder must be removed before coming ashore.

16. The oars must be stowed in board when not in use.
17. All crews when racing must wear the Club Official Jerseys.
18. All members of the Club will behave decently while taking part in club activities and will not do anything to bring the Club into disrepute.
19. Offences and the penalties they carry,
- a) Anyone under the age of 18 found to be taking alcoholic drinks while on Club activities,
First Offence; Suspension for three weeks
Second Offence; Exclusion from the Club
 - b) Anyone over the age 18 years who takes alcoholic drinks before a race or misbehaves under the influence of alcoholic drinks while on Club activities,
First Offence; Suspension for three weeks
Second Offence; Exclusion from the Club
 - c) Interfering with other peoples property while taking part in Club activities,
First Offence; Suspension for three weeks
Second Offence; Exclusion from the Club
 - d) Use of foul language.
 - e) Abusing any individual Club member, committee member, stewards, starters or race committees.
 - f) Intimidating other Club members of other Clubs.
 - g) Booing other Clubs at Regattas
 - h) Not obeying the persons in charge
 - i) Trowing Stones on the beach during training and regattas
 - j) Messing in the boats
First Offence; Suspension for three weeks
Second Offence; Exclusion from the Club
Except that exclusion is at the discretion of the committee
 - k) Any member who is selected to take part in the regatta does not turn up without due cause
Suspension for four weeks

Note

If the CRA find that the Club guilty of any offence from a to g at a regatta the Club may be baned from two race meetings

Children who are not rowing will not be taken to regattas unless accompanied by a parent or guardian

People using transport arranged true the Club will be given departure time and may be left behind.

Signed _____ Chairman
(Ted McSweeney)

Signed _____ Vice-Chairman
(Neil McCarthy)

Signed _____ Secretary
(Kieran McMahan)

Signed _____ Treasurer
(Jennifer Montague)