



PBC Golden Rules

1. Arrive on time

The time you are given is the arrive BY-time, not the arrive FROM-time. We want to run an efficient organisation, and we all have 1000 other things to do in a day. It is a matter of respect not just for others but yourself too.

2. No backseat coxing

Backseat coxing is confusing at best and dangerous at worst. The cox (and bank party) carries this responsibility. If you disagree with a decision they make, tough. If a mistake is made, they are also liable, not you.

3. Coxes control the boat on land too

Your cox controls boat management on land too. This relates to boat bay etiquette in particular: you will wait until you're told by your cox to put hands on, lift etc. The same goes for washing the boat after an outing.

4. Dropping out of sessions

Things happen, and this is a college boat club. Regardless, rowing is a team sport, and your crew and coach count on you to show up unless you have a good reason not to. If you do have to drop out, it is your responsibility to find a sub and tell your crew.

5. General chatter

Save it for after the debrief. There is no room for it when we're getting out equipment, receiving feedback in the boat during an outing etc. It makes us ineffective and turns a 2-hour session into a 3 hour one. We can always catch up properly afterwards.

6. Other crews on the river

Don't be rude to others on the river. This goes for both coxes and rowers. Instead of letting your frustration get the better of you, take a deep breath, roll your eyes, and save it for the debrief. We will maintain our friendly reputation on the river.

7. Respect for equipment

Rowing equipment is expensive and to have access to it is a privilege. Don't scratch the blades on the gravel, treat the boats sloppily etc. The same goes for the boathouse in general – don't leave rubbish around. Use your common sense.

8. Respect for each other

Personal disagreements should not filter through to club/crew dynamics. Treat each other civilly and have patience both in and outside the boat – this is a sporting club and we're all just trying to get better. Constructive feedback is of course allowed and encouraged.