



2024 Registration Instructions for High School Athletes

Welcome to the High School rowing season at the St. Catharines Rowing Club.

To ensure a safe environment is created for all athletes, the requirements listed below must be completed for the upcoming High School season prior to going on the water.

Should you have any questions about registration, please contact your lead coach.

Follow the steps in this document. Use the checklist at the end of this document to ensure you have fulfilled all the requirements for registration for the upcoming session of rowing.

1. Swim Test Form: **ACTION REQUIRED**
 - a) **REQUIREMENTS**: All High School Athletes must successfully complete the swim test in order to practice and compete on the water.
 - b) **READ and PRINT**: [Swim Test Protocols and Requirements](#) Find the form on the SCRC Website in **Documents/Membership/Registration**. Your coach will notify you regarding date(s) and location(s) for the swim test.
 - c) **SUCCESSFULLY COMPLETE SWIM TEST**: be sure the supervising lifeguard dates and signs your swim test form
 - d) **ATTACH**: the completed form to your registration submission.

2. RCA Rowing Safety: **ACTION REQUIRED**
 - a) **REVIEW**: Six (6) RCA Safety Training Modules located at <https://safety.rowingcanada.org/en/#/> Risk Assessment; Boating Safety; Environment and Weather; Athlete Emergency Response; Individual Safety; Equipment
 - b) **PRACTICE**: the safety aspects of the sport whenever participating in rowing activities.

3. SCRC Safe Sport: **ACTION REQUIRED**
 - a) **WATCH**: [Safe Sport Awareness Video](#) – a Safe Sport educational initiative.
 - b) **DOWNLOAD and READ**: the [Safe Sport Policy Manual](#) available on the SCRC website under **Documents/Safe Sport**
 - c) **PRACTICE**: Safe sport in all your activities and interactions with others at the Club

4. SCRC Cold Water On-Water Code: **ACTION REQUIRED**
 - a) **READ**: [SCRC Cold Water On-Water Code](#) is currently in effect when Martindale Pond water temperature is less than 11 degrees Celsius. These rules are approved by the Board of Directors and are available on the SCRC website under **Documents/Safe Sport**.
 - b) **PRACTICE and COMPLY** with Cold Water rules. During cold water conditions rowing shells must stay within 500m of their designated coach/safety boat. Safety boat drivers/coaches may monitor no more than six shells. Wear appropriate clothing for cold weather rowing conditions. Bring a towel and dry clothes to wear in case your shell capsizes.

5. Ontario's Concussion Awareness and Protocols (Rowan's Law): **ACTION REQUIRED**
 - a) **READ:** [Concussion Awareness Document 15yr+](#)
 - b) **WATCH:** [Concussion Awareness Video 15yr+](#)
 - c) **PRINT, COMPLETE and SIGN:** the [RO Concussion Code of Conduct for Participants](#).
 - d) **ATTACH:** the completed form to your registration submission.
6. SCRC Code of Conduct and Ethics: **ACTION REQUIRED**
 - a) **READ:** [SCRC Code of Conduct and Ethics](#)
 - b) **PRACTICE:** professional conduct and ethics in all your activities and interactions with other athletes, coaches, umpires, officials and spectators.
7. Image Consent Form: **ACTION REQUIRED**
 - a) **PRINT, COMPLETE and SIGN:** [Image Consent Form](#) as part of the Safe Sport Policy requirements.
 - b) **ATTACH:** the completed form to your registration submission.
8. RCA / SCRC Waiver: **ACTION REQUIRED**
 - a) **READ:** the [RCA/SCRC Waiver 17yr under](#)
 - b) **PRINT, COMPLETE and SIGN:** the RCA/SCRC Waiver 17yr under form. Note that both the athlete AND their parent/guardian must sign the waiver form.
 - c) **ATTACH:** the completed form to your registration submission.
9. Payment of 2024 High School Rowing Fees: **ACTION REQUIRED**
 - a) **TIME FRAMES:** Your High School Coach will inform you about the required fees for the high school rowing season. Fees must be paid prior to going on the water.
 - b) **FEE PAYMENT:** see your High School Coach for details on acceptable methods of payment.
 - c) **SUBMIT:** your fees and all registration 'paperwork' before going on the water.
10. RCA Registration: **ACTION REQUIRED**
 - a) Athletes must be registered with Rowing Canada Aviron (RCA) using RCA's Web Registration system <https://membership.rowingcanada.org/>
 - b) **READ and FOLLOW:** the instructions for registration below. ([Detailed Instructions](#))

If the athlete rowed Club, High School, or Youth Rowing School in 2023, 2022, 2021, 2020, 2019, or 2018; an RCA account was created. Enrollment in the 2024 year's program will be made once your high school has submitted your name. You will then receive an email confirmation from RCA (if the email hasn't changed). ***If any information, like email address, etc., has changed, then you need to edit your RCA account on the RCA site to bring it up to date.***

If the athlete is registering for the first time, you need to create an account with RCA first at the following link - <https://membership.rowingcanada.org/>

Remember your RCA logon USERNAME and PASSWORD for future registrations. When logged in to your account:

Select **Join a Program**

Select **Ontario**

Select **St. Catharines Rowing Club**

Select **SCRC High School 2024**

SCRC 2024 HIGH SCHOOL REGISTRATION CHECKLIST

Use the following CHECKLIST to ensure you have completed all the requirements for registration. Include this checklist in your registration documents. **Completed documents should be given to your Coach.**

**NO ROWING WILL BE PERMITTED UNTIL THE CHECKLIST IS COMPLETE
AND APPLICABLE FEES ARE PAID**

ITEM	COMPLETED <input type="checkbox"/>
Swim Test Form (Signed Document)	
RCA Safety Modules (Watch)	
SCRC Safe Sport Video (Watch)	
SCRC Cold Water Rules (Read)	
Row Ontario Concussion Code of Conduct (Watch, Read, Signed Document)	
SCRC Code of Conduct and Ethics (Read)	
Image Consent Form (Signed Document)	
RCA/SCRC Waiver (Signed Document)	
Payment of Fees (see Coach for amount and methods of payment)	
RCA Web Registration Account (Online)	
Registration Checklist (Submit with Registration documents)	

St. Catharines Rowing Club <https://www.stcatharinesrowingclub.org/>