

Use this CHECKLIST to ensure you have completed all the requirements for the rowing season.

ITEM	Completed (✓)
Swim Attestation ( <b>Completed and Documented</b> )	
RCA Safety Videos	
SCRC Safe Sport Video	
Row Ontario Concussion Code of Conduct ( <b>Signed Document</b> )	
SCRC Code of Conduct and Ethics	
Image Consent Form ( <b>Signed Document</b> )	
RCA/SCRC Waiver ( <b>Signed Document</b> )	
RCA Web Registration ( <b>Register with RCA</b> )	