



2021 Return to Rowing requirements

Welcome to the St. Catharines Rowing Club.

To ensure a safe environment is created for all our Members, the requirements listed below must be completed for the upcoming season renewal. With the current COVID restrictions applied to the Island, it's imperative all Members have a high awareness of what's expected of them and comply.

Should you have any questions, please contact your Coach.

1. **Prior to ARRIVING** to the Island, for contact tracing, complete this link when you are coming to the Island:

Daily Mandatory Action required, download to your phone or device,

<https://docs.google.com/forms/d/e/1FAIpQLSdcq3Igz00Cynp35pld3oKWjLvU4iFlsoHduIJBcMW2WS25sA/viewform>

2. Complete this link **when you DEPART the Island**

Daily Mandatory Action required, download to your phone or device,

<https://docs.google.com/forms/d/e/1FAIpQLScs1rcgbdQL4E0pKZk2T8bKOev9beBuUM6LYLWaCdESpXBfcw/viewform>

3. **Have you completed the on-line self-assessment today?** You are required to complete it **each day before** you leave your house to come to the Island.

Daily Mandatory Action required, download to your phone or device,

- a. <https://covid-19.ontario.ca/self-assessment/> or
- b. <https://www.thrive.health/canada-covid19-app>

4. [2021 SCRC Return to Rowing document](#)

Yearly Mandatory Action required – document read, what's learned utilized whenever on the Island. Juniors, please share with your Parents

5. [2021 SCRC Covid-19 Code of Conduct](#)

Yearly Mandatory Action required – document read, signed by athlete and Parent (if U19 or younger), what's learned utilized whenever on the Island. Juniors, please share with your Parents, document to be given to Coach at first practice

6. [2021 Swimming ability sign-off](#)

Yearly Mandatory Action required – document read, signed by athlete and Parent (if under 19 years of age), document to be given to Coach at first practice

7. 2021 RCA / SCRC waiver - there are two version, please select the correct one ([17 or under waiver](#) or [18 or older waiver](#))

Yearly Mandatory Action required – document read, signed by athlete and Parent (if 17 or under), document to be given to Coach at first practice

8. RCA safety [video 1](#) & [video 2](#) – must watch annually for ongoing awareness

Yearly Mandatory Action required – all videos viewed, what's learned utilized whenever rowing

9. Concussion Management program (Rowan's Law)

a) **Read and review** [Concussion Awareness 15 years and up](#)

b) **Watch** [Concussion Awareness video](#)

c) **Complete** the applicable RowOntario [Athlete](#) or [Coach](#) Concussion Code of Conduct

Yearly Mandatory Action required – all required information read, video viewed, Code of Conduct signed by athlete and parent, if under the age of 18, and brought to Coach for first practice

10. [Payment of 2021 rowing and racking fees](#) (if applicable)

Members from the Fall of 2020 have their fees paid up until March 31, 2021.

April-May Mandatory Action required – payment of \$255 fees, and racking fees if applicable (\$170 for first seat, \$90 for each seat after, \$440 – storage only – no rowing and regular access to boat) prior to rowing on or after April 1, 2021. This covers membership fees for April until the end of May. Summer fee amount will be announced towards the end of May. Will allow for current COVID restrictions and regatta availability to be better understood.

End of May – End of August Mandatory Action required – payment of \$380 (RCA/RO fee included) fees, and racking fees if applicable (\$170 for first seat, \$90 for each seat after, \$440 – storage only – no rowing and regular access to boat) prior to rowing on or after May 22, 2021. This covers membership fees for end of May until the end of August. Fall fee amount will be announced towards the end of August. Will allow for current COVID restrictions and regatta availability to be better understood.

St. Catharines Rowing Club

May 21, 2021