



# 2022 Return to Rowing Instructions for Club 2K and Masters Athletes

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 membership renewal. With a renewed focus on safe sport and the ever-changing COVID19 restrictions, it is imperative that all Members have a high awareness of what is expected of them and comply.

Should you have any questions about registration, please contact Brian Thorne, VP Membership at [scrcmembership2018@hotmail.com](mailto:scrcmembership2018@hotmail.com)

***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(s) of rowing***

1. 2022 SCRC COVID19 Policy: **ACTION REQUIRED**
  - a) **READ:** [COVID19 Protocols](#) currently in place for the Club. All rowing shells and blades shall be cleaned after each use. Any protocol changes will be posted to the website.
  - b) **ENSURE:** that you are fully vaccinated against COVID19 for your own protection and that of your fellow athletes. SCRC urges all athletes to obtain a booster shot as soon as possible.
  
2. 2022 Ability to Swim/Attestation Form: **ACTION REQUIRED**
  - a) **REQUIREMENTS:** Athletes 17yr and under must successfully complete the swim test. Athletes 18 years and older must complete page 2 of the Ability to Swim/Attestation Form
  - b) **READ:** [Ability to Swim/Attestation Form](#)
  - c) **PRINT, COMPLETE and SIGN:** the completed Attestation Form.
  - d) **INCLUDE:** the completed form in your registration submission.
  
3. RCA Rowing Safety: **ACTION REQUIRED**
  - a) **WATCH:** RCA Safety [Video 1](#) and [Video 2](#)
  - b) **PRACTICE:** the safety aspects of the sport whenever participating in rowing activities.
  
4. SCRC Safe Sport: **ACTION REQUIRED**
  - a) **WATCH:** [Safe Sport Awareness Video](#) – a Safe Sport initiative happening at the Club and across the country. Safe Sport policies are available through the website under Documents/Safe Sport.
  - b) **PRACTICE:** Safe sport in all your activities and interactions
  
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 [RowOntario Concussion Code of Conduct for Participants](#).
  - d) **INCLUDE:** the completed form in 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.*
  
7. Image Consent Form: **ACTION REQUIRED**
  - a) **PRINT, COMPLETE and SIGN:** [Image Consent Form](#) *which is part of the Safe Sport initiative.*
  - b) **INCLUDE:** *the completed form in your registration submission.*
  
8. 2022 RCA / SCRC Waiver: **ACTION REQUIRED**
  - a) **READ:** *the* [RCA/SCRC Waiver 18yr+](#)
  - b) **PRINT, COMPLETE and SIGN:** *the 2022 RCA/SCRC Waiver.*
  - c) **INCLUDE:** *the completed form in your registration submission.*
  
9. Payment of 2022 Membership Fees: **ACTION REQUIRED**
  - a) **TIME FRAMES:** *go to* [2022 Rowing Fees](#) *to see the dates, membership fees, racing entry fee deposits, and boat storage fees. If you wish to start rowing in the Spring Session you must pay both Spring Membership Fee and boat storage fee by April 1, 2022. Summer and Fall Session fees and racing entry fee deposits are due at the start of each session.*
  - b) **FEE PAYMENT:** *can be made by* [e-transfer](#) *to* [scrcpayments@gmail.com](mailto:scrcpayments@gmail.com)
  - c) **SUBMIT:** *your fees by April 1, 2022.*
  
10. Athletes who are **NEW** to the sport of rowing must register with Rowing Canada Aviron (RCA) using RCA's Web Registration system.
  - a) **ACCESS:** [RCA Web Registration](#).
  - b) **FOLLOW:** *the instructions to register with RCA.*

Use the following CHECKLIST to ensure you have completed all the requirements for registration. Completed documents can be placed in the Drop Box in the Boathouse.

ITEM	COMPLETED <input type="checkbox"/>
SCRC COVID19 Policy and Protocols	
Ability to Swim/Attestation Form ( <b>Signed Document</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> )	
Payment of Fees	
RCA Web Registration	