



## 2022 Return to Rowing Instructions for High School 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's expected of them and comply.

Should you have any questions, please contact your Coach.

***Follow the steps in this document and be sure to share with your Parents/Guardians. Use the checklist at the end of this document to ensure you have fulfilled all the requirements for registration for the Spring Session 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. Your Coach will notify you if the protocols change.
  - b) **ENSURE:** that you are fully vaccinated against COVID19.
  - c) **SHOW:** proof of vaccination to your Coach.
  
2. 2022 Ability to Swim: **ACTION REQUIRED**
  - a) **REQUIREMENTS:** The Swim Test for High School Rowing must be successfully completed and signed off by a qualified Life Guard.
  - b) **ACCESS FORM:** [SCRC HS Swim Test Protocol](#)
  - c) **PASS THE SWIM TEST:** and
  - d) **GIVE:** the completed form to your Coach.
  
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](#). Both Athlete and Parent/Guardian must sign.
  - d) **GIVE:** the completed form to your Coach.

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. The document must be signed by both Athlete and Parent/Guardian.
  - b) **GIVE:** *the completed form to your Coach.*
  
8. 2022 RCA / SCRC Waiver: **ACTION REQUIRED**
  - a) **READ:** the [RCA/SCRC Waiver](#) with your Parent/Guardian.
  - b) **PRINT, COMPLETE and SIGN:** the document must be signed by both Athlete and Parent/Guardian.
  - c) **GIVE:** *the completed form to your Coach.*
  
9. Payment of Spring Session 2022 Membership Fee: **ACTION REQUIRED**
  - a) **TIME FRAME:** *The Spring Session runs to the end of the CSSRA Championship Regatta (June 5, 2022).*
  - b) **FEE PAYMENT:** *Your High School will determine the fee and deadlines for payment. Please contact your Coach if you have any questions.*
  - c) **SUBMIT:** *your payment to your High School*
  
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 Instructions](#)
  - b) **FOLLOW:** *the instructions to register and obtain your RCA registration #.*

Use the following CHECKLIST to ensure you have completed all the requirements for the High School rowing season.

ITEM	COMPLETED $\checkmark$
SCRC COVID19 Policy and Protocols <b>(Proof Fully Vaccinated)</b>	
Swim Test <b>(Completed and Documented)</b> with High School	
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 <b>(Paid to your High School)</b>	
RCA Web Registration Instructions <b>(Register with RCA)</b>	