



2022 Return to Rowing Instructions for High School Coaches

Welcome to the St. Catharines Rowing Club.

To ensure a safe environment is created for all, the requirements listed below must be completed for the upcoming season. With a renewed focus on *Safe Sport* and the ever-changing COVID19 restrictions, it's imperative that all have a heightened awareness of what's expected and comply.

Please 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 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.
 - b) **ENSURE:** that you are fully vaccinated against COVID19.
 - c) **SHOW:** proof of vaccination to your Lead Coach

2. 2022 Ability to Swim: **ACTION REQUIRED**
 - a) **REQUIREMENTS:** Confirmation you are a competent swimmer.
 - b) **ACCESS FORM:** [Ability to Swim/Attestation form](#)
 - c) Complete the form as required
 - d) **GIVE:** the completed form to your Lead 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 Coaches](#)
 - d) **GIVE:** the completed form to your Lead 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.
 - b) **GIVE:** *the completed form to your Lead Coach.*

8. 2022 RCA / SCRC Waiver: **ACTION REQUIRED**
 - a) **READ:** *the* [RCA/SCRC Waiver](#)
 - b) **PRINT, COMPLETE and SIGN:**
 - c) **GIVE:** *the completed form to your Lead Coach.*

9. Coaches 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 <input type="checkbox"/>
SCRC COVID19 Policy and Protocols (Proof Fully Vaccinated)	
Swim Attestation (Completed and Documented)	
RCA Safety Videos	
SCRC Safe Sport Video	
Row Ontario Concussion Code of Conduct (Signed Document)	
SCRC Code of Conduct and Ethics	
Image Consent Form (Signed Document)	
RCA/SCRC Waiver (Signed Document)	
RCA Web Registration (Register with RCA)	