



2023 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 our ongoing focus on Safe Sport it's imperative that all Members have a high awareness of what's expected of them and to comply.

Should you have any questions, please contact Aaron Thompson (scrccaptain@gmail.com) .

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. 2023 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, to be part of school package submitted to Aaron Thompson*

2. 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.*

3. 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*

4. 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, to be part of school package given to Aaron Thompson*

5. 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.*

6. 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.
 - a) **GIVE:** *the completed form to your Coach, to be part of school package submitted to Aaron Thompson*

7. 2023 RCA / SCRC Waiver: **ACTION REQUIRED**
 - b) **READ:** the [RCA/SCRC Waiver](#) with your Parent/Guardian.
 - c) **PRINT, COMPLETE and SIGN:** *the document must be signed by both Athlete and Parent/Guardian.*
 - d) **GIVE:** *the completed form to your Coach, to be part of school package submitted to Aaron Thompson*

8. Payment of Spring Session 2023 Membership Fee: **ACTION REQUIRED**
 - a) **TIME FRAME:** *The Spring Session runs to the end of the CSSRA Championship Regatta (June 4, 2023).*
 - 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:** *payment to your High School*

9. 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 (✓)
Swim Test (Completed and Documented) with High School	
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)	
Payment of Fees (Paid to your High School)	
RCA Web Registration (Register with RCA)	

St. Catharines Rowing Club <https://www.stcatharinesrowingclub.org/>

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