

2023 Return to Rowing Instructions for Coaches

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, it's imperative that all Members have a high awareness of what's expected of them and comply.

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.

2023 Ability to Swim: ***ACTION REQUIRED***

1. ***REQUIREMENTS: Confirmation you are a competent swimmer.***
2. ***ACCESS FORM: [Ability to Swim/Attestation form](#)***
3. ***Complete the form as required***
4. ***GIVE: the completed form to the Club Captain.***

RCA Rowing Safety: ***ACTION REQUIRED***

1. ***WATCH: RCA Safety [Video 1](#) and [Video 2](#)***
2. ***PRACTICE: the safety aspects of the sport whenever participating in rowing activities.***

SCRC Safe Sport: ***ACTION REQUIRED***

1. ***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.***
2. ***PRACTICE: Safe sport in all your activities and interactions***

Ontario's Concussion Awareness and Protocols (Rowan's Law): **ACTION REQUIRED**

1. **READ:** [Concussion Awareness Document 15yr+](#)
2. **WATCH:** [Concussion Awareness Video 15yr+](#)
3. **PRINT, COMPLETE and SIGN:** [the RowOntario Concussion Code of Conduct for Coaches](#)
4. **GIVE:** *the completed form to the Club Captain.*

SCRC Code of Conduct and Ethics: **ACTION REQUIRED**

1. **READ:** [SCRC Code of Conduct and Ethics](#)
2. **PRACTICE:** *professional conduct and ethics in all your activities and interactions.*

Image Consent Form: **ACTION REQUIRED**

1. **PRINT, COMPLETE and SIGN:** [Image Consent Form](#) which is part of the *Safe Sport initiative.*
2. **GIVE:** *the completed form to the Club Captain.*

2023 RCA / SCRC Waiver: **ACTION REQUIRED**

1. **READ:** [the RCA/SCRC Waiver](#). *"coming soon"*
2. **PRINT, COMPLETE and SIGN.**
3. **GIVE:** *the completed form to the Club Captain.*

Coaches who are **new** to the sport of rowing must register with Rowing Canada Aviron (RCA) using RCA's Web Registration system:

1. **ACCESS -** [RCA Web Registration Instructions](#) *"coming soon"*
2. **FOLLOW:** *the instructions to register and obtain your RCA registration #.*