



## 2024 Registration 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. **IF YOU REQUIRE A CLUB SHELL AND OARS** a request must be made when e-transferring your fees. The Rowing Committee will consider your request which must include boat/blades, time(s) of day, day(s) of week. Rowers are cautioned that your request is subject to shell availability. Your e-transfer will not be accepted until the Rowing Committee has determined that your request can be accommodated.

Should you have any questions about registration, please contact Brian Thorne, VP Membership at [rowedrider@hotmail.com](mailto:rowedrider@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. Ability to Swim/Attestation Form: **ACTION REQUIRED**
  - a) **REQUIREMENTS**: All Athletes 17yr and under must successfully complete the swim test. Athletes 18 years and older must either complete the swim test or complete page 2 of the Ability to Swim/Attestation Form
  - b) **READ**: [Ability to Swim/Attestation Form](#)
  - c) **PRINT, COMPLETE and SIGN PAGE 2**: the completed Attestation Form.
  - d) **ATTACH**: the completed form to your **HARDCOPY** or **ELECTRONIC** registration submission.
  
2. RCA Rowing Safety: **ACTION REQUIRED**
  - a) **REVIEW**: Six (6) RCA Safety Training Modules located at <https://safety.rowingcanada.org/en/#/> – Risk Assessment; Boating Safety; Environment and Weather; Athlete Emergency Response; Individual Safety; Equipment
  - 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 educational initiative.
  - b) **DOWNLOAD and READ**: the Safe Sport Policy Manual available on the SCRC website under [Documents/Safe Sport](#)
  - c) **PRACTICE**: Safe sport in all your activities and interactions with others at the Club
  
4. SCRC Cold Water & Warm Water Rules
  - a) **READ**: [SCRC Cold Water Rules](#) are currently in effect when Martindale Pond water temperature is less than 11 degrees Celsius. [SCRC Warm Water Rules](#) are in effect when the Martindale Pond water temperature is 11 degrees Celsius or greater and declared to be in effect by the Club Captain. These rules were approved by the Board of Directors for 2024.

- b) **PRACTICE and COMPLY** with Cold Water and Warm Water rules. During cold water conditions rowing shells must stay within 500m of their designated safety boat. Safety boat drivers/coaches may monitor no more than six shells.*
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 [RO Concussion Code of Conduct for Athletes](#).*
  - d) **ATTACH:** the completed form to your **HARDCOPY** or **ELECTRONIC** 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](#) as part of the Safe Sport Policy.*
  - b) **ATTACH:** the completed form to your **HARDCOPY** or **ELECTRONIC** registration submission.*
8. RCA / SCRC Waiver: **ACTION REQUIRED**
- a) **READ:** the [RCA/SCRC Waiver 18yr+](#)*
  - b) **PRINT, COMPLETE and SIGN:** the RCA/SCRC Waiver 18yr+ form. Be sure to include your emergency contact information on the form.*
  - c) **ATTACH:** the completed form to your **HARDCOPY** or **ELECTRONIC** registration submission.*
9. Payment of 2024 Membership Fees: **ACTION REQUIRED**
- a) **TIME FRAMES:** go to [2024 Membership Fees](#) to see dates, membership fees, racing entry fee deposits, and boat storage fees. If you wish to start rowing in the Spring Session starting April 1, you must pay both Spring Membership Fee and boat storage fee (if applicable) prior to going on the water.*
  - b) **FEE PAYMENT:** can be made by [e-transfer](#) to [scrcpayments@gmail.com](mailto:scrcpayments@gmail.com)*
  - c) **CLUB EQUIPMENT REQUESTS: IF YOU REQUIRE A CLUB SHELL AND OARS** a request must be made when e-transferring your fees. The Rowing Committee will consider your request which must include boat/blades, time(s) of day, day(s) of week. Rowers are cautioned that your request is subject to shell availability. Your e-transfer will not be accepted until the Rowing Committee has determined that your request can be accommodated.*
  - d) **SUBMIT:** your fees and all registration 'paperwork' before going on the water.*
10. RCA Registration: **ACTION REQUIRED**
- a) Athletes must register with Rowing Canada Aviron (RCA) using RCA's Web Registration system.  
**NOTE: If you are new to rowing, you will have to create an account with RCA before selecting a program***
  - b) **GO:** if you already have an account with RCA go to <https://membership.rowingcanada.org/Join> . Log in to your account and join a program.*
  - c) **FOLLOW:** the instructions to select your program and complete your 2024 register with RCA.*

## SCRC 2024 REGISTRATION CHECKLIST

Use the following CHECKLIST to ensure you have completed all the requirements for registration. Include this checklist in your registration documents. Completed documents can be deposited as HARDCOPY to the Bay #4 Mailbox in the Boathouse, **or** preferably via ELECTRONIC means to Brian Thorne, VP Membership. If you choose to register using HARDCOPY documents, please email Brian Thorne [rowedrider@hotmail.com](mailto:rowedrider@hotmail.com) notifying him that your documents are in the mailbox.

**NO ROWING WILL BE PERMITTED UNTIL THE CHECKLIST IS COMPLETE  
AND APPLICABLE FEES ARE PAID**

ITEM	COMPLETED <input type="checkbox"/>
Ability to Swim/Attestation Form ( <b>Signed Document</b> )	
RCA Safety Modules ( <b>Watch and Practice</b> )	
SCRC Safe Sport Video & Safe Sport Policy Manual ( <b>Watch, Read and Practice</b> )	
SCRC Cold Water Rules; Warm Water Rules ( <b>Read and Comply</b> )	
Row Ontario Concussion Code of Conduct ( <b>Signed Document</b> )	
SCRC Code of Conduct and Ethics ( <b>Read and Practice</b> )	
Image Consent Form ( <b>Signed Document</b> )	
RCA/SCRC Waiver ( <b>Signed Document</b> )	
Payment of Fees ( <b>Submit via e-transfer and <u>INCLUDE ANY CLUB EQUIPMENT REQUESTS FOR THE ROWING COMMITTEE'S CONSIDERATION. Your e-transfer will not be accepted until the Rowing Committee has determined if your equipment request can be accommodated</u></b> )	
RCA Web Registration ( <b>Online at RCA website</b> )	
Registration Checklist ( <b>Submit with Registration documents</b> )	

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