



ST. CATHARINES ROWING CLUB

Return to Rowing Policy December 2016

Definitions

1. In this Policy:

“Club” means the St. Catharines Rowing Club;

“Member” means all categories of membership defined in the Club’s Constitution and Bylaws as well as all individuals employed by, or engaged in activities with, the Club, including but not limited to: athletes, coaches, conveners, officials, volunteers, managers, administrators, committee members, and directors and officers of the Club;

“Stakeholder” means individuals employed by, or engaged in activities on behalf of, the Club including: coaches, staff members, contract personnel, volunteers, managers, administrators, committee members, and directors and officers of the Organization.

Purpose

2. This Policy describes the requirements for participating in rowing activities, and for returning to rowing activity after an illness or injury.

Application of this Policy

3. This Policy applies to all Members and Stakeholders.
4. This Policy shall be read in conjunction with the Club’s Safety Policy (June 2016).
5. The Club’s Board of Directors will have the authority to interpret any provision of this Policy that is contradictory, ambiguous, or unclear.

Obligations

6. Any Member or Stakeholder who has an existing medical condition that may be exacerbated as a result of participating in rowing activities shall inform the Club/Head Coach/volunteer coordinator of the condition prior to participating in rowing activities (on or off the water). All such information shall be kept confidential. An example of an existing condition is severe asthma.
7. MEDICAL CLEARANCE IS REQUIRED (e.g., a doctor's note) before any Member or Stakeholder with an existing medical condition (as per s. 6 above) will be allowed to participate in rowing activities (on or off the water).
8. If a Member or Stakeholder sustains an injury during a practice (on or off the water), training, regatta, camp or clinic, that Member or Stakeholder shall inform their coach or volunteer coordinator, as applicable, and should seek appropriate medical care.
9. Any Member or Stakeholder who is diagnosed with a serious illness, or with an injury as a result of non-rowing activities, shall inform the Club/Head Coach/volunteer coordinator of the illness/injury. All such information shall be kept confidential. Examples of serious illnesses/injuries include, but are not limited to:
 - Mononucleosis
 - A broken bone or popped rib
 - Concussion
10. Any Member or Stakeholder diagnosed with a serious illness/injury should rest until they are symptom-free and should return to rowing activity using a step-wise process or as otherwise directed by their doctor. An example of a step-wise process is Parachute's "Return to Play Guidelines" (www.parachutecanada.org).
11. MEDICAL CLEARANCE IS REQUIRED (e.g., a doctor's note) before any Member or Stakeholder will be allowed to return to rowing activity following a serious illness or injury.
12. If a Member of Stakeholder has returned to rowing activity following an illness or injury and is subsequently believed to be exhibiting signs or symptoms of illness/injury, they shall immediately be removed from rowing activity. The Head Coach and/or volunteer coordinator shall have full discretion to enforce this removal.

Review and Approval

13. This Policy was reviewed and approved by the Board of Directors of the St. Catharines Rowing Club on December 6, 2016.