



2024 Registration Instructions for Coaches

Welcome to the St. Catharines Rowing Club.

To ensure a safe environment is created for all Athletes and Coaches, the requirements listed below must be completed for the upcoming season.

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.

1. Ability to Swim/Attestation Form: **ACTION REQUIRED**
 - a) **REQUIREMENTS**: Confirmation you are a competent swimmer. 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) **GIVE**: the completed form to the Club Captain.

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) **REVIEW**: the [Emergency Action Plan \(EAP\)](#) for the St. Catharines Rowing Club and ensure that your athletes are aware of their responsibilities in the case of an emergency on or off the water.
 - c) **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 your athletes and 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 Coaches](#).
 - d) **GIVE:** the completed form to the Club Captain.

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) **GIVE:** the completed form to the Club Captain.

8. RCA / SCRC Waiver: **ACTION REQUIRED**
 - a) **READ:** the [RCA/SCRC Waiver 18yr+](#)
 - b) **PRINT, COMPLETE and SIGN:** the RCA/SCRC Waiver 18yr+ form.
 - c) **GIVE:** the completed form to the Club Captain.

9. RCA Registration: **ACTION REQUIRED**

Coaches must register with Rowing Canada Aviron (RCA) using RCA's Web Registration system. If you already have an account with RCA, Brian Thorne (SCRC VP Membership) will ensure you get activated in the High School program once you have handed in your registration documentation to the SCRC Club Captain, Aaron Thompson.

NOTE: If you are new to rowing, you will have to create an account with RCA in your role as a coach. Go to <https://membership.rowingcanada.org/Join> and follow the instructions to create your account.

SCRC 2024 COACH 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 should be given to the SCRC Club Captain, Aaron Thompson.

Any questions related to the RCA WebReg system can be directed to Brian Thorne rowedrider@hotmail.com

ITEM	COMPLETED <input type="checkbox"/>
Ability to Swim Attestation Form (Signed Document)	
RCA Safety Modules and SCRC Emergency Action Plan (Watch, Read, Practice)	
SCRC Safe Sport Video, Safe Sport Policy Manual (Watch, Read, Practice)	
SCRC Cold Water Rules; Warm Water Rules (Read and Comply)	
Row Ontario Concussion Code of Conduct (Signed Document)	
SCRC Code of Conduct and Ethics (Read and Practice)	
Image Consent Form (Signed Document)	
RCA/SCRC Waiver (Signed Document)	
RCA Web Registration (Create/Update your Account)	
Registration Checklist (Submit with Registration documents)	

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