



## Junior Registration Package Welcome to Spring 2007 Rowing!

Dear Rowers and Parents:

This package contains important instructions and safety information, as well as all the forms that must be completed in order to row and compete during the **2007 Spring Competitive Season**. This information is required both to ensure effective registration, as well as to inform parents and athletes about safety requirements and regatta schedules. Please read the entire document carefully and ensure all documents on the registration form are signed and attached before submitting. No rower will be allowed on the water until all their attached forms are submitted and fees paid.

### **SPRING ROWING SEASON:**

The Spring Rowing Session is the major competitive season starting February 14, 2007 and going through to the end of May. All athletes train and race as part of the DCRC Junior Program. The training schedules will be determined during the sessions held the first week of practice. A coach will contact you to confirm the time. A table of proposed practice times follows. Selection of crews is based on in-boat performance, ergometer testing, seat racing, technical proficiency, crew compatibility, coach-ability, attendance, etc. All athletes will be boated for regattas in which the entire Club participates, usually in at least two races per regatta. Athletes will be expected to attend regattas most weekends from the middle of April through the end of May (see the regatta schedule attached), and should advise their coaches at least four weeks in advance of the regatta if they are unable to attend. The emphasis during this season is on preparing to race and being competitive at regattas. We also want everyone to have fun, develop their rowing technique, and learn other valuable life skills.

**UNIFORMS:** All rowers are required to wear a **Deep Cove Rowing Club uniforms for competitions**. They can be purchased through Jenn Bigler at Row West: [jennbigler@shaw.ca](mailto:jennbigler@shaw.ca) , [www.rowwest.com/deepcove](http://www.rowwest.com/deepcove), Phone: 604-924-1918. Order early to get yours (if you don't have one already) before the first competition!

### **FEES:**

**Option 1: Registration Fee for the Spring session only : \$590 (includes GST)** fee includes use and maintenance of equipment, coaching, insurance, Rowing Canada fee, Rowing BC fee, and GST. Brentwood and Shawnigan regatta fees are included.

***Does not Include***

**Spring Season Regatta Levy** to cover the costs of travel, transportation and accommodation

**Option 2: Annual Registration Fee for the Spring, Summer and Fall Programs: \$1120(includes GST)** fee includes use and maintenance of equipment, coaching, insurance, Rowing Canada fee, Rowing BC fee, and GST. Brentwood and Shawnigan regatta fees are included.

***Does not Include***

**Spring Season Regatta Levy** to cover the costs of travel, transportation and accommodation

**DUE DATES:** Spring season fees are due by February 11, 2007.

Registration Fees may be split into two post dated cheques payable directly to DCRC. Payment through the Recreation Centre must be a full payment.

## Deep Cove Rowing Club – Registration Spring 2007

### **ADDITIONAL INFORMATION**

All the information and forms included in this package are on line at [www.deepcoverowingclub.com](http://www.deepcoverowingclub.com).

A Rowers Handbook with many useful tips for parents is also posted.

The email address is [deepcoverowingclub@hotmail.com](mailto:deepcoverowingclub@hotmail.com).

For more information on the sport of rowing, check out the following websites: [www.rowbc.org](http://www.rowbc.org)  
[www.rowingcanada.org](http://www.rowingcanada.org)

### **If you have any questions, feel free to contact:**

**Boat House** (604) 929-4510

Coaches: Kelsey McDaniel [kelsmcd800@yahoo.ca](mailto:kelsmcd800@yahoo.ca)

Program Manager: Margaret Ebrecht [margaretebrecht@hotmail.com](mailto:margaretebrecht@hotmail.com)

### **Missed Sessions**

It is the responsibility of the registrant to attend the scheduled sessions. Cancelled sessions due to unsuitable weather will not be made up. In the unforeseen circumstance that a session is cancelled, we will do our best to reschedule.

### **Privacy Statement**

All personal information given by participants will only be used for administration and regular communication with respect to the rowing programs. Your information will not be sold or given to anyone else with commercial intentions or otherwise.

Photos may be taken of program participants. No names will be attached to posted photos. If you do not wish to have your photo on line, please contact the program manager Margaret Ebrecht by email at [margaretebrecht@hotmail.com](mailto:margaretebrecht@hotmail.com)

**PARENTS** On the following forms please provide email addresses for both yourself and your rower as many communications around regattas and training need to be communicated to everyone. Our aim is to you well-informed and involved through-out the spring season.

We look forward to another busy, and fun, rowing season!

## **Spring 2007 Regatta Schedule**

<b>Date</b>	<b>Regatta</b>	<b>Location</b>	<b>Who</b>	<b>Carpool to be arranged</b>	<b>Regatta Levy</b>
January 22	Beat the Beast Erg	St. Georges School	Contact Kelsey		yes
February 4	Monster Erg	Victoria, BC	Contact Kelsey	TBD	yes
Mar 3-4	Elk Lake Spring Regatta	Victoria, BC	To be determined	Yes	yes
April 27-29	Brentwood Regatta	Mill Bay	Full Club	Yes	no
May 12-13	Shawnigan Lake Regatta *leave Fri morning (10:00 am)	Shawnigan Lake	Full Club	Yes	no
May 26-27	Delta Deas Doubles Championship	Delta, BC	To be determined	TBD	yes
July 14-15	BC Provincial Championships/ Challenge West	Victoria, BC	To be determined	TBD	yes

Please note that the Regatta levy fees do not cover the cost of transportation and accommodation. Rowers are responsible for providing their own food at all regattas. For overnight, out of town regattas involving the full club, the Rowing Club may use the services of a school bus to transport rowers. However, additional cars, with parent drivers are needed to shuttle rowers to and from the hotel & competition, as well as act as chaperones for the duration of the weekend. While the ferry costs for chaperones are covered by the Club, chaperones are responsible for the cost of their hotel accommodation. Accommodations for overnight regattas (for rowers, coaches & chaperones) are reserved by the Club. Other parents who wish to attend must make their own arrangements for accommodation. As Brentwood and Shawnigan are popular events, we recommend that you book early.



## Contact & Medical Information

### Contact Information:

Rower's Name: \_\_\_\_\_

Gender: Male / Female Date of Birth (m/d/yr): \_\_\_\_\_

Address: \_\_\_\_\_

City, Province & Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Parent's Work Phone: \_\_\_\_\_

Parent's Name and Email Address: \_\_\_\_\_

Rower's Email Address: \_\_\_\_\_

### Emergency Contacts:

Cell Phone Number for Parents: \_\_\_\_\_

Emergency Contact (other than parent): \_\_\_\_\_

Relationship to Rower: \_\_\_\_\_ Phone: \_\_\_\_\_

### Medical Information:

BC Healthcare Number: \_\_\_\_\_

Date of last tetanus immunization: \_\_\_\_\_

Medical condition/s currently under treatment:  
\_\_\_\_\_

Pre-existing physical condition/s currently under treatment:  
\_\_\_\_\_

Medications taken on a regular basis:  
\_\_\_\_\_

Allergies? \_\_\_\_\_

Contact lenses or glasses? \_\_\_\_\_

Any other notes that may be of assistance to coaches and/or chaperones?  
\_\_\_\_\_  
\_\_\_\_\_

I hereby give permission for the Deep Cove Rowing Club to be responsible for providing proper medical supervision and treatment of my child if required.

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

## WAIVER FORM FOR THE DEEP COVE ROWING CLUB

**Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement, (the "Agreement")  
BY SIGNING THIS AGREEMENT YOU WILL GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE PLEASE  
READ CAREFULLY**

**Please provide all information and SIGN and INITIAL the Waiver at the BOTTOM of this sheet.**

**Re:** Participation in the Deep Cove (DCRC) rowing and paddling programs, pursuant to the DCRC safety guidelines, rules and regulations, (collectively referred to as the "Rules").

Name	Address:	City: Postal Code
Phone:	Cell Phone:	Gender.
Rowing Program / School Attending	<b>Parents</b> and Rowers Email Address:	Date of Birth

(All personal information given by participants will only be used for administration and regular communication with respect to related programs & events with DCRC. For more information regarding our Personal Information Protection Privacy Policy, please contact the DCRC Board of Directors).

**To: DCRC**, its event sponsors, official suppliers, officials, and all of their respective directors, officers, employees, volunteers, agents, representatives, successors and assigns (after this referred to as the "Releasees").

In consideration of the DCRC agreeing to my participation in rowing and/or paddling programs & events and permitting my use of their equipment and facilities, I hereby agree as follows:

### **In this Agreement:**

1. The term, "rowing and paddling programs" shall include but is not limited to: competitions, races, demonstrations, practices, events, boat rentals, orientation and instruction sessions, and other such activities, events and services in any way connected with or related to the DCRC; and
2. the term "Safety Guidelines" means the guidelines most recently published by the DCRC on or prior to the date of this Agreement and designated by it as its safety guidelines.

### **ACKNOWLEDGEMENT – SAFETY**

I am aware that the physical exertion required of rowing and paddling programs and the forces exerted on the body can activate or aggravate pre-existing physical injuries, conditions, symptoms or congenital defects. I HAVE ALSO READ AND UNDERSTAND THE SAFETY GUIDELINES, AND I AGREE TO ABIDE BY THOSE GUIDELINES. (The Safety Guidelines are posted at the boathouse) I can tread water for a minimum of 10 minutes.

### **ASSUMPTION OF RISKS**

I am aware and understand that rowing and paddling programs and rowing and paddling sports have inherent dangers, hazards and risks including, but not limited

- ACCIDENTS
- WHICH OCCUR WHILE LOADING AND UNLOADING EQUIPMENT
- ABRUPT WEATHER CHANGES
- COLLISION WITH MANMADE OR NATURAL OBJECTS OR OTHER PADDLERS OR BYSTANDERS
- CONDITIONS OF WATER SURFACE AND VARIATIONS IN THE WATER CONDITIONS, SURFACES AND CURRENTS
- EQUIPMENT FAILURE
- IMPROPER USE OF EQUIPMENT
- NEGLIGENCE OF OTHERS
- OVERTURNING OR UPSETTING OF THE BOAT
- FALLING FROM THE BOAT WHILE ON THE WATER
- POOR SWIMMING ABILITY OF MYSELF OR OTHERS
- FACILITY & SITE HAZARDS
- NEGLIGENCE OF THE RELEASEES
- SUSTAINED RIGOROUS PHYSICAL ACTIVITY
- TRAVEL TO AND FROM SITE
- DROWNING
- IMMERSION IN COLD WATER - HYPOTHERMIA





## DCRC Safety Guidelines(Spring 2006)

All registrants and their parents must review the following Safety Policy and sign on the following page before the rower can participate in any 'on water' activity.

- 1) All registrants **must** be able to tread water for a minimum of 10 minutes and by signing this form acknowledge that this is true.
- 2) Training sessions will begin promptly, at the scheduled time. Coaches may decide not to boat rowers who arrive late. Coaches will not be responsible for onshore supervision of late arrivals.
- 3) The boathouse and washroom will be unlocked prior to rowers leaving the shore and will remain unlocked for the duration of the training sessions. A minimum of 4 warming blankets will be available in the boathouse at all times.
- 4) Each coxswain or bow person if there is no coxswain **must have a whistle** attached to their person or insure that there is a whistle in the shell prior to leaving the shore.
- 5) During low light/low visibility conditions, each rower must wear an operating **flashing light** on the head or upper body. Rowers are responsible for providing their own lights and should bring them to every training session.
- 6) Rowers must not proceed beyond the end of the Government Wharf in Deep Cove until accompanied by their assigned coach.
- 7) All rowers must be accompanied on the water by a coach, or approved substitute, in a coach boat. Rowers on the water must stay in visual contact with the coach boat at all times. Where the rowers are not within 500 metres of the coach boat, shells must carry a life jacket at each seat and a whistle for each rower.
- 8) Boats should stay in groups of two or more. If a partner's boat capsizes, the 'buddy' boat should ensure the capsized rower/s are safe (back in the boat or on shore) before going for help. The international distress signal is waving both arms over the head. Rowers should also use whistles and their flashing lights to signal that assistance is required.
- 9) In the event that a capsized crew must return to shore, the crew must be accompanied by a coach. All other crews under the supervision of that coach must also return to shore.
- 10) Rowers should familiarize themselves with docks and low bank waterfront landings in the training or racing area. In the event of a storm or other unsafe conditions, rowers should immediately proceed to a safe landing area to get themselves out of the water.
- 11) Each coach must hold valid First Aid Certification—St. John's Ambulance Safety Oriented First Aid or its equivalent, and a Canadian Yachting Association Pleasure Craft Operator Certificate or its equivalent.
- 12) Each coach boat must be equipped with:
  - a) a minimum of 9 lifejackets plus lifejackets for each passenger in the coach boat. If the coach boat is supervising the maximum number of rowers, 14 lifejackets are required The coach must wear a life jacket and a motor "kill switch" must be attached to the jacket and the motor.
  - b) a minimum of 3 warming blankets
  - c) a First Aid Kit
  - d) a buoyant heaving line of not less than 15 metres
  - e) a minimum of 3 emergency flares (Canadian approved of Type A, B or C)
  - f) a sound-signaling device
  - g) a bailer
  - h) one manual propelling device (e.g., paddle)
  - i) navigational lights that meet the applicable standards set out in the Canadian Coast Guard's Collision Regulations

- 13) At least one of the supervising coaches must carry an operable cellular phone while rowers are on the water.
- 14) .Each coach boat will supervise a maximum of 9 junior rowers in a maximum of 3 rowing shells. Each coach will supervise a maximum of 14 experienced adult rowers in a maximum of 4 rowing shells.
- 15) Coaches are responsible for determining whether conditions are too dangerous to row due to darkness, fog, high winds, ice, cold water, storms, or any other conditions which they determine may be of danger to the rowers. No rower shall be forced to row against his/her better judgment should conditions be questionable.
- 16) No morning rowing shall commence before 5:45 a.m. during the period of February 15 to November 20. No morning rowing shall commence before 7:00 a.m. during the period of November 21 to February 14.
- 17) Rowing shall not take place in foggy conditions if visibility falls below 1000 meters.

**I have read, understand, and agree to abide by the DCRC Safety Guidelines.**

\_\_\_\_\_  
Rower's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's signature (If under 19)



## Volunteer Form

**DCRC is a community based not for profit club that requires volunteer participation to optimally run its operations. Please indicate the area where you would like to volunteer**

Name of Rower \_\_\_\_\_  
Name of Parent: \_\_\_\_\_ Phone: \_\_\_\_\_

I will volunteer in the following way:

- Driving to out of town regattas and Chaperoning Rowers (ferry fares covered, must pay your own accommodation) Regatta Dates available \_\_\_\_\_
- Car pooling for Lower Mainland Regattas and rower support (hot drinks, supervision)
- Social committee member
- Fundraising committee member
- Safety Committee member
- Board of Directors
- I would like to make a donation (for donations over \$100, a tax receipt is available)
- I would like to make a gift in kind (coach boat and motor, life jackets, other equipment).

**Contact:** Ann McArthur at [amcarthur@shaw.ca](mailto:amcarthur@shaw.ca) for details on tax receipts or for donations and gifts in kind