

## Deep Cove Rowing Club – Corporate Challenge 2011



# 12<sup>th</sup> Annual Corporate Rowing Challenge Training Program in Deep Cove

April 25 to June 11, 2011

The **Corporate Rowing Challenge** is once again looking for participants from businesses, groups, clubs or individuals for the 12<sup>th</sup> annual event. If you have a group of five or you are just one person who would like to do a Learn to Row, we will place you in a boat to create a team of 5 persons.

The crew practices twice per week for a 7 week rowing program at the **Deep Cove Rowing Club** location. During the sessions teams will learn basic boat handling, rowing and racing skills. No previous experience is necessary.

The **Championship Regatta** will be held Saturday, June 11 at Panorama Beach in Deep Cove. Each team is guaranteed two races (weather permitting) and top placements will be awarded with trophies, medals and ribbons.

### Team Sizes

**Coxed Quads:** Sculling – rowers have 2 oars each. A team consists of 5 participants; 4 rowers and an alternate.

### Levels of Competition

**Challenger:** A category for those new to rowing. At least 4 of 5 team members in the Quad must be novices.

**Defender:** Open to experienced rowers in your Organization.

### Entry Fees:

Quads (5 people)

### Price (no early bird specials)

\$1460 includes HST

### Practice Times (Beginning the week of April 25, 2011)

Mon & Wed 5:30pm – 7pm

Mon & Wed 7pm – 8:30pm

Tue & Thu 5:30pm – 7pm

Tue & Thu 7pm – 8:30pm

Custom times available upon request

### Registration Includes

- ✓ 7 weeks of rowing, twice weekly (weather permitting)
- ✓ Experienced coach for each crew
- ✓ All rowing and safety equipment
- ✓ Awards at the Championship Regatta
- ✓ Liability insurance to cover all participants

### Other helpful Information

- ✓ We suggest teams of 5 for the Quads to allow for flexibility in your crew's schedule
- ✓ Team members should work for, or be a member of the club or organization. Spouses and significant others are eligible

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- ✓ Quads must have a minimum of 1 woman
- ✓ All participants must have basic swimming skills and sign a waiver
- ✓ Coxswains should be small, have a strong voice, and like issuing orders
- ✓ Full Payment required to reserve training times

### **How to Register**

**Program and space availability information is accessed through the Deep Cove Rowing Club- contact: [info@deepcoverowingclub.com](mailto:info@deepcoverowingclub.com)**

- ✓ Please read the registration policies
- ✓ Full payment must be received before a practice time can be reserved
- ✓ As teams register they will be emailed the full registration package and these forms must be completed and delivered to the boathouse before rowers can participate in water activities.

### **Payment**

**If paying by cheque, please mail to: Deep Cove Rowing Club, PO Box #32, #112-1151 Mt Seymour Road, North Vancouver, BC V7H 2Y4.**

### **Registration Policies**

#### **Fees**

Registration fees cover liability insurance, administration, coaching, and use of facility and equipment, and regatta fees. Prices include HST.

#### **Later Enrollment**

Late enrollment is subject to equipment and coach availability.

#### **Cancellation and Refunds**

If you choose to withdraw from the event, there will be a 15% administrative fee.

The final date to withdraw a team from the event is May 6, 2011. There will be no refunds after this date.

#### **Missed Sessions**

It is the responsibility of the registrant to attend the scheduled sessions. Cancelled sessions due to unsuitable weather or an incomplete team 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 Corporate Rowing Challenge and related programs. Your information will not be sold or given to anyone else with commercial intentions or otherwise.

Deep Cove Rowing Club – Corporate Challenge 2011

12<sup>th</sup> Annual Corporate Rowing Challenge  
Training Program in Deep Cove

Team Registration Form

Please print clearly and fill out all aspects of this form

Company	
Team Name	
Address	
Team Captain	
Tel/Fax	
Email	
Payment method	<input type="checkbox"/> Cheque <input type="checkbox"/> Visa/ MasterCard*
Card# / Expiry	

\*Please check payment method

**Practice Days and Times** (please check one)

- Mon & Wed, 5:30 – 7pm  
 Tue & Thu, 5:30 – 7pm  
 Mon & Wed, 7 – 8:30pm  
 Tue & Thu, 7 – 8:30pm

Custom times are available by contacting [info@deepcoverowingclub.com](mailto:info@deepcoverowingclub.com)

**Choose a Series and Boat Class** (Challenger = new, Defender = with experience)

- Challenger Quad  
 Defender Quad

Name	Email
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

For further information please email [info@deepcoverowingclub.com](mailto:info@deepcoverowingclub.com)



## **Registration Documentation**

Dear Rowers:

This package contains important instructions and safety information, as well as all the forms that must be completed in order to row. This information is required both to ensure effective registration, as well as to inform athletes about safety requirements.

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.

### **ADDITIONAL INFORMATION**

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

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.rowingbc.ca](http://www.rowingbc.ca)

[www.rowingcanada.org](http://www.rowingcanada.org)

If you have any questions, feel free to contact:

**Program Manager, Colin Gray** [info@deepcoverowingclub.com](mailto:info@deepcoverowingclub.com)

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

**Please submit the following two signed documents for each crew member at your first session**

## 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.
Program or Event:	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 2011)**

**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 meters
  - 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**