



*Sculling for Life—L'aviron pour la vie*



## LEARN-TO-SCULL 2018 APPLICATION FORM

*Note: Sculling is rowing with two blades and two hands in a quad, double, or single shell.  
Rowing Canada recommends that all novice rowers start rowing in small sculling boats.*

### PROGRAMME INFORMATION:

- All classes are led by trained rowing coaches.
- Our goal is to inculcate a love of sculling which will encourage you to scull for life.

#### Learn-to-Scull / Step 1

- You will learn basic sculling technique and practice balance in small sculling boats.
- We focus on teaching the stroke, proper hand levels, boat manoeuvring, and boat care/equipment.
- 5 classes of 1 ½ hours plus one 'rain date class', over a period of 3 weeks
- Pre-req uisite: ability to swim

#### Learn-to-Scull / Step 2

- Through drills and practice, you will refine your sculling technique
- You will learn teamwork as part of a crew in a double and a quad at least once in each type of boat.
- You will learn to scull safely on the Ottawa and nearby rivers.
- 5 lessons of 1 ½ hours plus 5 practices, over a period of 5 weeks
- Pre-requisite: Successful completion of LTS / 1 or one year of sculling experience at another rowing club
- Upon a positive assessment of your sculling competencies in Step 2, you will receive boat reservation privileges, an invitation to the ONEC Sculling Meetup, as well as registration in Rowing Canada, Row Ontario, and the Ontario Adventure Rowing Association.

#### A. Learn-to-Scull / Step 1 Schedule

Group	Dates	Your fee (\$150)
Group 1A	Lessons: Saturday and Sunday mornings, June 2, 3, 9, 10, 16; 7 am Rain date: Sun., June 17; 7 am	
Group 1B	Lessons: Saturday and Sunday mornings, June 2, 3, 9, 10, 16; 8:30 am Rain date: Sun., June 17; 8:30 am	
Group 1C	Lessons: Saturday and Sunday mornings, July 7, 8, 14, 15, 21; 7 am Rain date: Sun. July 22; 7 am	
Group 1D	Lessons: Saturday and Sunday mornings, July 7, 8, 14, 15, 21; 8:30 am Rain date: Sun. July 22; 8:30 am	

#### B. Learn-to-Scull / Step 2 Schedule

*Practices: Wednesday and Friday evenings at 6:30*

Group	Dates	Your fee (\$150) <sup>8</sup>
Group 2A	Lessons: Tuesday evenings: June 19, 26; July 3, 10, 17; 6:30 pm	
Group 2Bm	Lessons: Wednesday mornings: June 20, 27; July 4, 11, 18; 9:30 am	
Group 2Be	Lessons: Wednesday evenings: June 20, 27, July 4, 11, 18; 6:30 pm	
Group 2C	Lessons: Tuesday evenings: July 24, 31; Aug. 7, 14, 21; 6:30 pm	
Group 2Dm	Lessons: Wednesday mornings: July 25; Aug. 1, 8, 15, 22; 9:30 am	
Group 2De	Lessons: Wednesday evenings: July 25; Aug. 1, 8, 15, 22; 6:30 pm	

**PARTICIPANT(S) INFORMATION:**

Last Name (of main contact):	First Name:	Tel (home):	Tel (work):
Address:	City:	Prov:	Postal Code:
E-mail address:		Would you like to receive Club information via e-mail? ( ) Yes ( ) No	
Last Name of Guardian (if applicable):	First Name of Guardian:	Tel (home):	Tel (work):

**ONEC Sculling Notes**

1. All participants must wear appropriate clothing and be prepared to get wet.
2. Everyone receiving sculling instruction must know how to swim and be in good physical shape.
3. The minimum age to take this program is 16 years of age.
4. This program takes place dockside at the ONEC boathouse.
5. Rowers must take care to protect the rowing shells (including the riggers and fins), handle the shells carefully, wipe them off, and ensure that they are properly stored.
6. For safety reasons, rowing coaches have the final decision on which rowers go out & under what circumstances.
7. The minimum number of participants to run a program is 4; the maximum number for LTS Step 1 is 8.
8. Non-members can apply \$100 of what they pay in 'Learn-to-Scull / Step 2' lesson fees towards an ONEC rowing membership.
9. Lessons must be paid in full by either of the following methods:
  - Payment in person at the ONEC tennis pavilion
  - Cheque payable to "Ottawa New Edinburgh Club" (ONEC) mailed to the address at the bottom of the page.

**WAIVER**

**This waiver MUST be signed and dated.**

If I or any person named on this form joins a rowing program, I certify that I/he/she can swim 100 metres unassisted, see hazards, and exercise strenuously. The Club has the right, at any time, to ask for a Doctor's certificate specifying that the member is in good health for rowing and to suspend membership pending the provision of this certificate.

I recognize that the use of the facilities and services at the Ottawa New Edinburgh Club as well as sailing, rowing, and tennis activities involve potential risks. I undertake, in my personal capacity and those whom I represent, have custody, my heirs and assigns, to indemnify and save harmless the Ottawa New Edinburgh Club its officers, employees, coaches, independent contractors and other representatives, their successors, heirs and assigns, from and against all claims, damages, loss, costs and expenses relating to any injury including death, or loss of or any damage to my or third party's property and arising out of or being incidental to my presence at the Club or the practice of the activities mentioned hereinabove.

**Signature of participant or guardian:**

**Date (yyyy/mm/dd):**

**PRIVACY POLICY**

ONEC respects the privacy of participants and members. Basic data are collected for the purposes of communicating information on day camps, health, security, and registration issues, events and programs. Data collected are never sold.

Mail cheque and registration form to:  
**Ottawa New Edinburgh Club (ONEC)**  
**P.O. Box 74088**  
**R.P.O. Beechwood**  
**Ottawa, ON K1M 2H9**