

OTTAWA NEW EDINBURGH CLUB (ROWING)



ORIENTATION AND ASSESSMENT

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:

- Target audience: New members who are experienced scullers
- Our goals are to give you an orientation to the Club, its rowing rules, safety, and the River including navigation routes; As well we will ensure that scullers are skilled enough to safely take out Club boats.
- Upon a successful assessment of your sculling competencies, you will receive boat reservation privileges for recreational or racing boats, an invitation to the ONEC Sculling Meetup, as well as registration in Rowing Canada, RowOntario, and the Ontario Adventure Rowing Association.
- Note: If you need more sculling coaching, you may be directed to a Learn-to-Scull Step 1 course or, if you need a sculling refresher, a Learn-to-Scull Step 2 course.

A. Orientation and Assessment Schedule

| Group | Dates | Location | Fee (\$50) |
|------------|---------------------------|----------|------------|
| May Group | Thursday, May 31; 6:30 pm | Dockside | |
| June Group | Tuesday, June 19; 6:30 pm | Dockside | |
| July Group | Tuesday, July 24; 6:30 pm | Dockside | |

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. 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.
5. For safety reasons, rowing coaches have the final decision on which rowers go out and under what circumstances.
6. The Orientation and Assessment program 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 below.

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**