



Sculling for Life—L'aviron pour la



ROW ONEC

LEARN-TO-SCULL

2020 INDIVIDUAL APPLICATION

*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 provide you with the basic skills so that you can scull enjoyably and safely for life.

Learn-to-Scull (LTS) Novice Course

- You will learn basic sculling technique and practise 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-requisite: ability to swim

Learn-to-Scull (LTS) Membership - Step 2 Course

- By getting an LTS membership your rowing instructions will continue in Step 2. Each class is 1 1/2hrs long for a total of 4 classes over 4 weeks, with the 5th week either being a rain date or an introduction to Quad rowing
- Through personalised instruction, you will refine your sculling technique.
- You will learn to scull safely on the Ottawa and nearby rivers.
- There is also an optional 1 1/2 hr practice session offered on Monday evenings at 6:30pm
- Pre-requisite: Successful completion of LTS Novice course or a year of sculling at a rowing club
- Upon successful completion of Step 2, you will be able to join ONEC Rowing at which time 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 Novice Schedule

	Course	Dates of Lessons	Your fee (\$170)
Early Season	Novice – A1	Sat. & Sun. mornings, May 30,31 June 6,7 & 13 @7 am; Rain date: Sun., June 14@7 am	
	Novice – A2	Sat. & Sun. mornings, May 30,31 June 6,7 & 13 @; 8:30 am Rain date: Sun., 14 June @ 8:30 am;	
Mid-Season	Novice – B1	Sat. & Sun. mornings, June 20,21,27,28 July 4 @ 7 am; Rain date: Sun. July 5 @ 7 am	
	Novice – B2	Sat. & Sun. mornings, June 20,21,27,28 July 4 @ 8:30 am; Rain date: Sun. July 5 @ 8:30 am	

B. Learn-to-Scull Step 2 Schedule

	Course	Dates of Lessons	
Early Season	Step 2 – C1	Tuesday evenings: June 16, 23, 30, July 7 Rain date or Quad row July 14 @6:30pm	300.00
	Step 2 – C2	Wednesday mornings: June 17, 24, July 8, 15 Rain date or Quad row July 22 @ 9:30 am	300.00
Mid-Season	Step 2 – D1	Tuesday evenings: July 21, 28 Aug 4, 11 , Rain date or Quad row Aug. 18 @ 6:30 pm	Mid-Season 230.00
	Step 2 – D2	Wednesday mornings: July 29 , Aug 5, 12, 19 Rain date or Quad row Aug 26@ 9:30 am	Mid-Season 230.00

PARTICIPANT(S) INFORMATION:

Surname (of main contact):	First Name:	Tel (home):	Tel (work):
Street:	City:	Prov:	Postal Code:
E-mail address:		Would you like to receive Club information via e-mail? () Yes () No	
Surname 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 on the rowing docks to the west of 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; maximum numbers: LTS Novice is 8; LTS Step 2 is 5.
8. 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.

I certify that I or the youth participant (16-17 years of age) 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 participation 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