



SOUTH NIAGARA ROWING CLUB

26-200 Fitch Street, Suite 225, Welland, Ontario, Canada L3C 4V9
www.southniagararowingclub.com
email: info@southniagararowingclub.com



South Niagara Rowing Club Rules

Program Administration

1. The VP Rowing or designate will set up and administer the high school and club rowing programs.
2. The VP Rowing or designate will approve all coaches involved in the high school and club rowing programs. All coaches will be responsible to the VP Rowing or designate and must complete all required documents.
3. The VP rowing or designate, with the assistance of the coaches, will prepare weekly timetables. Coaches meetings will be posted and any coach who cannot attend must send a delegate or their crew will not row.
4. No duplicate rowing activities can run without the express approval of the coaches and the agreement of the VP rowing or designate.
5. Coaches and boats are to be on and off the water at the time set. Failing to do so will result in the following disciplinary actions:
 - 1st time** - loss of one day of water time for the coach and athlete(s)
 - 2nd time** - the Captain or designate, will review actions with the coach.
6. The last coach(es) off the water in the morning and in the evenings will be responsible for the closing and locking of bay doors and all buildings unless waived by the VP Rowing or designate.
7. The number of club entries in each event at any regatta will be two (2). In all cases, the VP Rowing or designate, will have the final say on the entries for all regattas by club members. The club has the right of refusal on all regatta entries.
8. If an athlete causes a scratch in any regatta entry, the athlete must reimburse the South Niagara Rowing Club in full for all entry fees and/or scratch fees, including team entries, of all incomplete races. The athlete will not be allowed to enter any additional regattas until all payment is received.
9. Single scullers who wish to compete in other competitions whether sweep or sculling, need to be aware of possible conflicts of events. The VP Rowing or designates decision will be final.
10. Members who own singles must have their own sculls.



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11. If you choose to lend your personal equipment to another person or to the club, you do so at your own risk.
12. If the Canadian Coast Guard (CCG), any hotel, police or other organization fines the club, the offending athlete(s) will pay the fine.
13. All grievances that cannot be resolved with the VP Rowing or designate are to be summarized in writing and submitted to the Board of Directors.
14. The VP Rowing or designate will hear and reply to all appeals for suspension. All appeals must be submitted in writing to the VP Rowing or designate. He/she will create a committee to hear the appeal and respond in writing within 24 hours of receiving the appeal to acknowledge receipt and set a hearing date. The VP rowing or designate will if necessary, remove him/herself from the committee. The Committee will set up a hearing within 48 hours of receiving the appeal. The actual proceedings will remain in camera and minutes shall be taken. Only the final decision will be made public. This decision can be further appealed, in writing, to the Board of Directors at a specially called board meeting. Their decision will be final.

Equipment

15. No other club can use equipment unless approved by the VP Rowing or designate after consultation with the Board of Directors.
16. In all cases, the VP Rowing or designate, will assign the boats (motors, shells and oars) used in training and in racing by all schools and club crews.
17. There will be no transfer of parts from one shell to another. Once a shell is rigged, all parts remain with that shell.
18. No SNRC equipment is to leave the premises or be in the possession of a non-club member unless approved by the VP Rowing or designate.
19. All coaches are to sign equipment in and out. All damage to equipment is to be reported (even if it has been repaired) to the VP Rowing or designate.
20. All coaches must ensure that all rowers are instructed in the proper handling of equipment in and out of the boathouse.
21. Coach boats, gas tanks and oars left on the docks or the compound after a shift change will be locked up for one 24-hour period.



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22. Every club and high school crew will be assigned an area to be cleaned. Areas must be cleaned on Friday, Saturday or Sunday.
23. Each crew will be assigned a boat to wash. All boats must be washed at least once a week on Friday, Saturday or Sunday. All boats must be wiped down when returned to the rack after each row.
24. Any private equipment, which is being stored on SNRC property must be owner identified and owner insured. All owners must be in good standing with the club. Those not in good standing will have their equipment removed from the racks and placed in storage (at their own personal expense). All storage fees must be paid to the membership registrar by the summer program registration day.

Conduct

25. Any misuse of the SNRC facilities or equipment will mean time off the water and possible compensation to the Club for any repair work and/or parts needed for repairs, at the discretion of the VP Rowing or designate.

First Offense:	3 day suspension, which includes removal from water and all rowing club activities, including regattas
Second Offense:	10 day suspension
Third Offense:	Removal for the year

26. All coaches are responsible to the VP Rowing or designate for their behaviour and the behaviour of their athletes in training and in competition. Unbecoming conduct may bring about the suspension of the athletes and/or the coaches. Refer to the Code of Conduct for consequences.
27. Any athlete caught taking another athlete's personal equipment without permission will be expelled from the club.
28. The club will not tolerate the use of foul language around the boathouse, out on the water or at regattas.
29. All competitive athletes will row in the approved prescribed uniform at all regattas.
30. All unisuits must be worn up at all times, or a t-shirt must be worn - i.e., no bare chests and no sports bras showing.



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Safety

31. All crews and coaches are to sign the "On the Water" log when going out on the water.
32. **No high school or club athlete or coach will row into the main shipping channel of the St. Lawrence Seaway (Welland Canal).** Any individual who goes beyond the second concrete dock at the top of the course is considered to be in the live channel. Any individual doing so will be subject to the following disciplinary action:
 - First Offense:** 10 day suspension, which includes removal from water and all rowing activities, including regattas
 - Second Offense:** Removal for the year
33. A maximum of 2 people are allowed in a coach boat at any given time. Each coach boat is to have one approved safety bag, and one paddle while on the water at all times. No one is allowed to operate a coach boat unless they have received a Pleasure Craft Operators Card. All other safety regulations and codes must be adhered to as per Marine Law.
34. No one is allowed on the water unless accompanied by a coach and coach boat unless there is one floatation device per person in the shell, and one sound signaling device.
35. No crews will be allowed on the water while it is dark without a coach boat and the shell equipped with proper lights on its bow and stern, including singles.
36. Course direction must be adhered to. When traveling up the course, lanes 0, 1, and 2 (west side) must be used. When traveling down the course, 4, 5 and 6 (east side) must be used. Lanes 3 and 4 are to be left clear during training.
37. Slower or stopped crews must yield and give way to faster crews. Coach boats must extend the same courtesy. **Coaches must try to minimize their swells when either passing or being passed by other crews.**
38. Athletes who own their own boats are required to provide their own PFDs.
39. All rowers must state that they are competent swimmers and must be prepared to prove competency if asked to do so.
40. A first aid kit will be kept in the boathouse. All accidents and injuries or near accidents must be reported to the VP Rowing or designate.
41. No rowing is allowed during electrical storms or high winds.



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42. The VP Rowing or designate has the right to suspend rowing activities if he/she deems conditions to be hazardous to the welfare of the athletes, coaches and equipment.

COLD WATER RULES

(Opening of the Course - May 1 and October 1 - Course Closure)

1. **All** rowers must **wear** approved PFDs when out on the water, unless accompanied by a coach boat.
2. **All** coach boats must be within 500 metres of their crew boat(s) at all times.
3. Coach boats will be assigned as follows:
one coach boat for each 8
one coach boat for every two 4's
one coach boat for every two 2x's
one coach boat for every three singles
4. Safety lights must be on one (1) hour before dawn and after dusk.
5. The consequences for violating these rules are as follows:
1st offence - one day suspension
2nd offence - seven day suspension
3rd offence - removal from the water for the season



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CONSEQUENCES

The following are consequences for all rules, unless otherwise stated:

- | | |
|------------------------|---|
| First Offense: | Warning |
| Second Offense: | 1 day suspension, which includes removal from water and all rowing club activities, including regattas. |
| Third Offense: | 3 day suspension, which includes removal from water and all rowing club activities, including regattas. |
| Fourth Offense: | 10 day suspension, which includes removal from water and all rowing club activities, including regattas. |
| Fifth Offense: | Removal for the rest of the year. |

All consequences are cumulative - i.e. if you break five different rules, then you will be removed for the rest of the year.

**The overall good of the club programs as it applies to the club
is to be the bottom line.**

**Have Pride in Your Club
Keep it Clean and Take Care of Your Equipment**

**Thank You,
SNRC Board of Directors**