



# **LEARN TO ROW INFORMATION PACKAGE**

**Version 2021-07-03**

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Welcome to the Edmonton Rowing Club's (ERC) Learn to Row Information Package!

This package is a comprehensive guide about the Edmonton Rowing Club with information that is relevant to you as a Learn to Row Participant.

Any information contained within this package is subject to change.

We look forward to seeing you on the water!

# THE EDMONTON ROWING CLUB



*Photographer: John Aspden*

## ABOUT US

### ONLINE PRESENCE

Check us out on the following platforms: [edmontonrowing.ca](http://edmontonrowing.ca), [YouTube](https://www.youtube.com/), [Facebook](https://www.facebook.com/), [Instagram](https://www.instagram.com/), and [Twitter](https://twitter.com/)!

### OUR MISSION, VISION, AND VALUES

**Mission Statement:** the Edmonton Rowing Club promotes and provides opportunities to discover, enjoy, and excel in rowing as a life-long sport.

**Vision Statement:** we aspire to be a welcoming community that supports rowing at all levels and grows the sport of rowing in the greater Edmonton area.

#### Values:

- 1) Passion: we seek to foster collective ownership of and commitment to the club's membership, activities, and facilities;
- 2) Excellence: we aim to support personal excellence at all levels, and provide an environment for all athletes to compete provincially, nationally, and internationally
- 3) Community: we seek to be a welcoming community for anyone interested in the sport of rowing;
- 4) Safety: we will create an inclusive environment in which all members, volunteers, staff, and coaches feel safe, on and off the water.

### OUR HISTORY

The ERC was founded in 1972 by John Bell, Dieter Leuloff, David MacDonald, Peter Egermayer, and Art Monk. If you are interested in learning more about our history, check out [edmontonrowing.ca](http://edmontonrowing.ca).



*Photographer: Unknown*

## CONTACT US

### ADDRESS

Edmonton Rowing Club  
8438 129 Street NW  
Edmonton, AB  
T5R 3G4

### CONTACT LIST

<b>Position</b>	<b>Name</b>	<b>Email</b>
<b>Club Manager</b>	Jess Phillips	<a href="mailto:clubmanager@edmontonrowing.ca">clubmanager@edmontonrowing.ca</a>
<b>Learn to Row Coaches (Summer Students)</b>	TBD	<a href="mailto:summerstudents@edmontonrowing.ca">summerstudents@edmontonrowing.ca</a>
<b>Community Programs Director</b>	Jenalyn Myggland	<a href="mailto:communityprograms@edmontonrowing.ca">communityprograms@edmontonrowing.ca</a>
<b>Membership Director</b>	Mei Wah Fong	<a href="mailto:membership@edmontonrowing.ca">membership@edmontonrowing.ca</a>

## **CLOTHING & MERCHANDISE**

### **ERC PRINT MACHINE**

Casual clothing items and various merchandise is available to order through Print Machine. By purchasing products through Print Machine, you are supporting the ERC, as a portion of each sale comes back to the club!

You can order through Print Machine at any point throughout the year. Items are made to order and are typically shipped or ready for pick up within 10-12 business days.

See the [ERC Print Machine Store](#). For questions about Print Machine products or orders, contact Print Machine Web Stores at [webstores@printmachine.ca](mailto:webstores@printmachine.ca)

### **ERC ROW WEST STORE**

Training and racing clothing is available to order through Row West.

You can order through Row West at any point throughout the year. Items are also made to order and are typically shipped within 4 weeks.

See the [ERC Row West Store](#). For questions about Row West products or orders, contact Row West at [contact@rowwest.com](mailto:contact@rowwest.com).

### **ERC STICKERS**

ERC stickers are available for purchase from the [Club Manager](#) at \$1 each.

### **OTHER ROWING RETAILERS**

Some retailers you can purchase casual and rowing specific clothing at include: [Row West](#), [Regatta Sport](#), and [JL Racing](#).

# WHAT IS LEARN TO ROW?



*Photographer: John Aspden*

## LEARN TO ROW OVERVIEW

Open to individuals of all athletic abilities, youth Learn to Row is for those 10-17 years of age, and Adult Learn to Row is for adults over the age of 18.

Classes include both land and on water instruction where rowers are acquainted with the basics of rowing movements, safety, terminology, and commands. Sessions run throughout the summer and are coached by qualified Learn to Row coaches. Learn to Row participants will have the opportunity to learn sculling techniques.

Those who wish to purchase a membership upon completing a Learn to Row course have the opportunity to pay upgrade fees.

## LEARN TO ROW FAQ

### **Q. I have never rowed before, is LTR right for me?**

A. Yes! Our classes are specifically for people with little to no experience. Continue to read this package if you are interested in learning about some rowing terminology prior to your class!

### **Q. I have never rowed before, but have done canoe/kayak, should I take Learn to Row?**

A. Yes, paddling is very different from rowing as the sequences of motion are completely different. Having the prior experience of being in a water vessel may be a plus, but rowing shells are generally much narrower than a canoe or kayak and require additional skills to balance.

### **Q. I have rowed many years ago, should I take Learn to Row?**

A. You've probably heard the saying "you never forget how to ride a bike." If you've rowed competently before, it should take very little to bring those skills back again. It really depends on how comfortable you are with the rowing shell. Some people go into our Sport rowing program right away and are able to pick it back up after a few sessions. Some prefer to take a few classes of Learn to Row to slowly get back. The fees would be the same in the end since your LTR course fee will count towards your full year ERC membership fee, so it's really up to you which route you want to take!

### **Q. Do I have to be able to swim?**

A. Yes. While the goal of rowing in any rowing shell is to not end up in the water, it is always a possibility. You don't need to be an expert swimmer, but in the event of a capsize you'll need to be capable of remaining calmly with the shell and your crew until your coach can rescue you.

### **Q. Do I need to buy my own equipment? What do I need to wear and bring to participate?**

A. The ERC provides all of the sport specific equipment that you will need.

### **Q. How is the ERC protecting its staff, volunteers, and rowers against COVID-19?**

A. The Edmonton Rowing Club continues to operate under the guidance of Alberta Health Services, the Alberta Rowing Association, and Rowing Canada Aviron. See [edmontonrowing.ca](http://edmontonrowing.ca) for our most up to date COVID-19 protocols and procedures.

# DATES, FEES, & REGISTRATION



*Photographer: John Aspden*

## 2021 LEARN TO ROW DATES

See [edmontonrowing.ca](http://edmontonrowing.ca) for an overview of 2021 LTR course dates. These dates can also be viewed on the [Rowing Canada Aviron's Web Registration System](#) beginning on April 1.

## 2021 LEARN TO ROW FEE SCHEDULE

Program	Program Fees
Youth Learn to Row	\$260
Adult Learn to Row	\$260

## LEARN TO ROW UPGRADE

Those who completed a Learn to Row course in the 2021 season that are interested in becoming an ERC member in the same year, have the opportunity to pay upgrade fees. 100% of your class registration fee will be applied to your first-year membership!

For more information see the 2021 LTR Upgrade Information Package at [edmontonrowing.ca](http://edmontonrowing.ca).

## HOW TO REGISTER

You can register for Edmonton Rowing Club programs on the [Rowing Canada Aviron \(RCA\) Web Registration System](#).

Registration for 2021 opens on April 1.

See Appendix A for a copy of instructions on how to register in Edmonton Rowing Club programs through RCA or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

## REGISTRATION REFUNDS

Refunds (less an administration fee) will be given for cancellations received more than 14 days prior to the start of your program. After that date, refunds will only be provided on a case-by-case basis. In the event the club cancels a program for which you registered; we will give you a full refund.

For more information about registration refunds, or to request a refund, please contact our [Membership Director](#).

## I'VE REGISTERED! NOW WHAT?

We're excited to see you on the water! Keep reading this LTR Information Package for more information!

# YOUR LEARN TO ROW COURSE



*Photographer: John Aspden*

## COVID-19 PROTOCOLS

COVID-19 has changed the way rowing clubs across Canada operate. The Edmonton Rowing Club continues to operate under the guidance of Alberta Health Services, the Alberta Rowing Association, and Rowing Canada Aviron.

View/download the most up to date COVID-19 Protocols for LTR from [edmontonrowing.ca](https://www.edmontonrowing.ca).

Please note that it is crucial that all LTR participants follow these protocols. Failure to comply puts the ERC at risk and anyone not complying may have program participation privileges revoked. We thank you for your cooperation!

## EMERGENCY CONTACT INFORMATION

If you haven't already, please fill out the [ERC Emergency Contact Form \(2021/2022\)](#).

Information collected in this form will be used in case of emergency during ERC programs. Your answers will be kept confidential and only your coaches and ERC administrators will have access.

## WHAT TO BRING

We *recommend* you bring the following with you to every learn to row lesson:

- An extra set of clothing in case you get wet.
- Full water bottle for drinking.
- Sunscreen/ bug-spray.
- Running shoes.
- A lock to lock your belongings up when you are on the water.

## WHAT TO WEAR

### WHAT TO AVOID

You should avoid loose tops and bottoms; these can get caught on oar handles and slides. The best clothing for rowing is stretchy, breathable and form-fitting fabrics – think spandex.

You should avoid wearing cotton. Cotton does not wick moisture away from the skin which presents problems in all weather conditions. This is a particular problem in cold weather as wet cotton will make you even colder. Merino wool or synthetic fabrics are best.

## **HOT WEATHER SPECIFICS**

If the weather is hot, it is recommended that you wear a sun hat and sunglasses. If you wear glasses, it's always a good idea to use an eyewear strap to prevent your glasses from falling in the water.

Applying sunscreen to your skin is also recommended.

## **COLD WEATHER SPECIFICS**

### **The Layering System**

Layering is important for keeping warm and maintaining the right body temperature during a row.

**Base Layer:** otherwise known as your underwear layer. This layer should be form fitting and wick moisture away from the skin.

**Mid-Layer:** otherwise known as your insulation layer. This layer should be thicker than your base layer but not bulky and help to retain your body heat. Avoid down – it clumps and gets very heavy when wet and therefore has no insulating properties.

**Outer Layer:** otherwise known as your shell layer. This layer should be fairly form fitting and be designed to shield you from wind and rain. There are jackets specially designed for rowers that are ideal outer layers known as splash jackets. Very waterproof clothing tends (such as your standard rain jacket) not to breathe as well, increasing body heat and sweating – then it holds the perspiration within the clothing instead of letting it evaporate.

### **Head, Hands, & Feet**

A lot of body heat is lost through the head. An insulating hat will make a big difference in cold weather.

Rowers do not use traditional cold-weather gloves because we need to have a tactile feeling for the oar handle. The best piece of kit to keep your hands warm when rowing is pogies. Pogies are fabric hand warmers that fit around the ends of the oar handle and your hands. It is recommended that your pogies use a fabric that keep your hands warm even when wet. You can sew or buy your own pogies from the rowing retailers listed below.

Thermal wool socks will keep your feet warm during cold rows. They will also keep your feet warm even when wet.

## **ATTENDANCE**

If you know you will not be attending class on a specific day, please contact your [Learn to Row Coaches](#) to let them know.

We are not able to give refunds for missed classes due to illness or other commitments. If circumstances permit, we *may* be able to schedule a make-up lesson. Please contact your [Learn to Row Coaches](#) to inquire about rescheduling a missed lesson.

If you want to cancel your participation due to circumstances beyond your control, please contact our [Membership Director](#).

## **WEATHER & CANCELLATIONS**

### **WEATHER CONSIDERATIONS**

We row rain or shine! The only time we will not row is when conditions are unsafe. See below for more information.

### **SESSION CANCELLATIONS**

River and weather conditions can change quickly in Edmonton, and we are committed to ensuring your safety on the water. High water conditions are particularly common in June and July due to spring melt. If conditions are unsafe due to weather or other conditions beyond our control, we will arrange makeup classes for you.

The ERC will do its best to inform LTR participants of the possibility of session cancellations at least 2 hours prior to the scheduled start time. However, as conditions can change quickly for better or worse, in these cases coaches may ask their athletes to come to the club regardless.

Notification of program cancellations will be sent via e-mail.

## **ALL ABOUT BLISTERS**

### **TOUGHNESS TAKES TIME**

Blisters are a normal part of rowing. Blisters generally develop first followed by callouses. Callouses protect your hands when you are rowing and once they develop you should find that your hands bother you less. Toughening up your hands takes times and patience.

## **BLISTER CARE DURING A ROW**

### **Gloves or No Gloves?**

You will notice that experienced rowers don't often wear gloves, this is for a variety of reasons. Gloves can make it more difficult to feel the connection between your hands and the oar handle, and they can actually make blisters worse due to additional friction.

This being said – wearing gloves is a personal choice. If you do decide to wear gloves, make sure that they are 1) thin enough that you can feel the oar handle, 2) tight enough that they fit your hands well, and 3) stretchy enough to allow movement.

### **Taping Blisters**

If you have blisters that you want to cover for a row, medical or sports tape works well. Some rowers prefer electrical tape.

## **BLISTER TREATMENT**

**Problem:** the blister is raised and filled with fluid.

**Treatment:** use a sterilised needle to pierce the blister and drain the fluid. Press the blister flat and apply some antiseptic cream. Cover with a band-aid that will protect it but also allow air to get in. It's important that the blister dries out a bit.

**Problem:** the top layer of skin on your blister has torn or been rubbed away leaving raw skin:

**Treatment:** hold your hands in hot soapy water. This will clean the wound and also gently dry out the skin. Cover with a band-aid if necessary.

**Problem:** the skin surrounding the blister looks red and inflamed:

**Treatment:** treat as above. Repeating several times during the day. If after a couple of days, it's still looking angry get treatment from a doctor.

**Problem:** the raw skin is cracked:

**Treatment:** apply antiseptic cream and a band-aid to keep the skin moist and help it heal.

**Problem:** new skin has formed but the old skin is torn, ragged, and hardening around the edge:

**Treatment:** trim with sterilised sharp scissors or razor blade until there are no flaps and the surface of your skin is uniformly smooth. Avoid using your teeth.

**Problem:** the blister is healed but has left a hard and raised callus:

**Treatment:** use pumice, a file, or sandpaper to reduce the thickness of the skin until it is uniformly smooth. This is easier after a few minutes soaking in hot water.

# FACILITIES



*Photographer: John Aspden*

## FACILITY MAP

See Appendix B for a copy of the ERC Facilities Map, or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

## AMENITIES

### Tank

Our indoor training facility, the ‘tank,’ is utilized year-round by all programs. Tank amenities include:

- An eight-person rowing tank, where teams can sweep or scull.
- Ergometers (ergs).
- A variety of free weights.
- Men’s and women’s showers/changerooms.

A passcode is required to gain access into the tank. Only members of the ERC are provided with this code. If needed, registered program participants can gain access to the tank via an ERC staff member.

### Boathouse

The Boathouse is located a five-minute walk from the tank. Boathouse amenities include:

- Rowing shells of various sizes.
- Day use lockers.

### Old Boathouse

Directly next to the boathouse is the old boathouse. Both ERC and privately-owned boats and equipment is stored here. A passcode is required to gain access into the old boathouse. Only ERC staff and members who pay to store their private boats in the old boathouse are provided with this passcode.

### Motorshed

All equipment required for our safety boats, as well as some additional sweep oars can be found in the motorshed. Equipment includes:

- Engines and gas
- Safety ladders
- Life jackets and emergency equipment
- Property maintenance equipment, such as lawn mowers, hand tools, etc.

## **Dock**

All Edmonton Rowing Club programs maintain and utilize the ERC dock. The dock is installed when the weather permits in the spring (end of April/ early May) and removed late in the fall (end of October).

Due to the streamflow of the North Saskatchewan River, dogs swimming upstream of the dock are at risk of being pulled under the dock by the current. If you see a dog that is at risk of being pulled under our dock, it is encouraged that you *politely* inform the owner of this risk. These dangers often increase in late spring with mountain runoff and heavy rainfalls.

## **PARKING**

The Edmonton Rowing Club shares a parking lot with the public who are accessing river valley trails and the Buena Vista Off-Leash Dog Park.

You may need to occasionally allow yourself extra time to find parking before your scheduled practice time, particularly during evening hours and on the weekend throughout the summer months. There are a handful of designated ERC parking spots directly in front of the tank. Anyone participating in ERC activities may use these spots on a first come first serve basis. Although not ERC designated, there are also 2 handicapped stalls in front of the tank.

It is recommended that you are cautious and drive slowly in the parking lot due to the number of off-leash dogs.

## **DOGS & OFF LEASH AREAS**

*Dogs must be on leash at all ERC facilities, including the dock. See [HERE](#) for an image of the Buena Vista dog off-leash area boundary.*

For more information about dog off-leash areas in the City of Edmonton, see the [City of Edmonton website](#).

# THE NORTH SASKATCHEWAN RIVER



*Photographer: Unknown*

## **ERC FLOW PATTERN**

The Edmonton Rowing Club's Flow Pattern is designed to minimize the potential for collisions while providing the best possible experience when out on the water. Crews must be aware of where they are on the river relative to the shore, bridges, and other rowing or watercraft traffic. Crews must also be cognizant of the current, wind speed and direction and how these factors can affect navigation in a rowing shell.

Do not hesitate to call out to a crew or watercraft traffic to draw their attention if they are about to run into the shore, another crew, or any other objects. This is often done by calling the crews boat class or bow person's name (e.g., "FOUR! Or "JESS!") followed with the phrase "HAVE AN EYE" or "WATCH YOUR COURSE".

Unless you are in imminent danger, you are required to follow the ERC Flow Pattern at all times.

See Appendix C for a copy of the ERC Flow Pattern, or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

## **BRIDGE NAVIGATION**

You are to follow all instructions from your coach as to what bridge arch to row through. This will change throughout the season with river streamflow and height.

Due to the current, it is recommended that you do not turn around directly in front of a bridge. If you need to turn around on the river, ensure that you are well upstream of a bridge or row past it prior to turning around.

## **OTHER RIVER USERS**

The Edmonton Rowing Club Flow Pattern is for the safety and convenience of our rowers. It may not be recognized by other river users. Be extra vigilant of your surroundings while on the water.

Give fishing boats and those fishing from shore a wide berth to avoid becoming entangled in their lines

# ROWING TECHNIQUE & EQUIPMENT



*Photographer: Jess Phillips*

## TECHNIQUE

The rowing stroke is very different from the stroke of a canoe or kayak. See [edmontonrowing.ca](http://edmontonrowing.ca) to download a comprehensive package about rowing technique by Rowing Canada Aviron.

## EQUIPMENT

### EQUIPMENT CARE & HANDLING

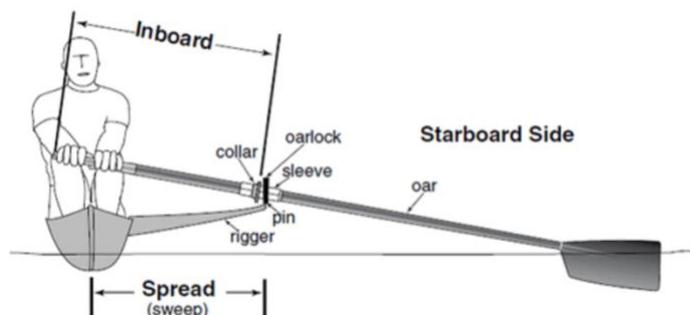
See Appendix D for the ERC Proper Equipment Care Procedure, or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

See Appendix E for the ERC Proper Equipment Handling Procedure, or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

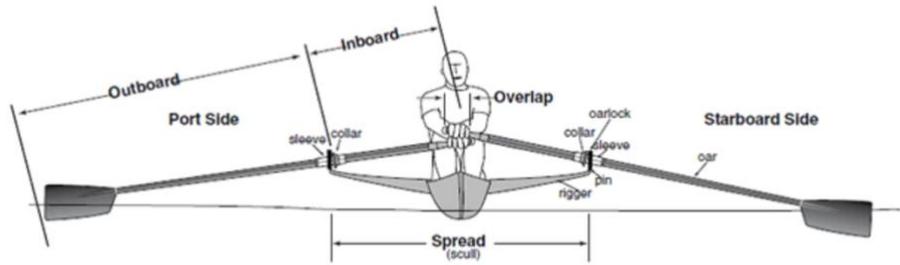
### ROWING SHELL CLASSIFICATIONS

Shorthand	Longhand	Number of Rowers	Sweep or Scull
8+	Coxed Eight	8 + Coxswain	Sweep
4+	Coxed Four	4 + Coxswain	Sweep
4-	Straight Four	4	Sweep
4x	Quad	4	Scull
2-	Pair	2	Sweep
2x	Double	2	Scull
1x	Single	1	Scull

### SWEEP ROWING DIAGRAM

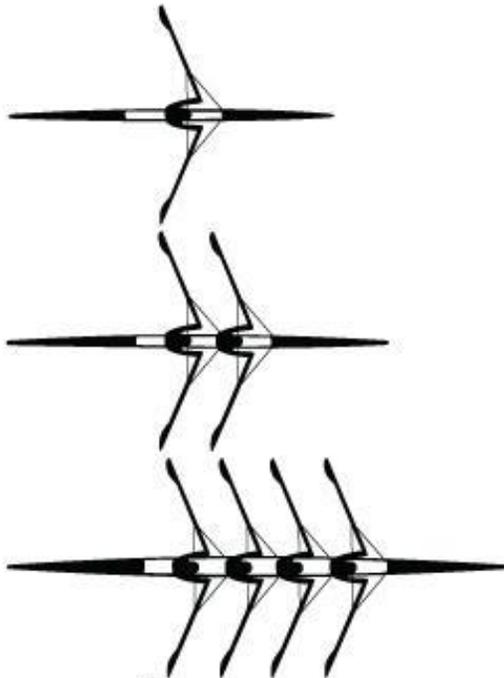


## SCULL ROWING DIAGRAM



## ROWING SHELL FLEET DIAGRAM

See the next page for a rowing shell fleet diagram.



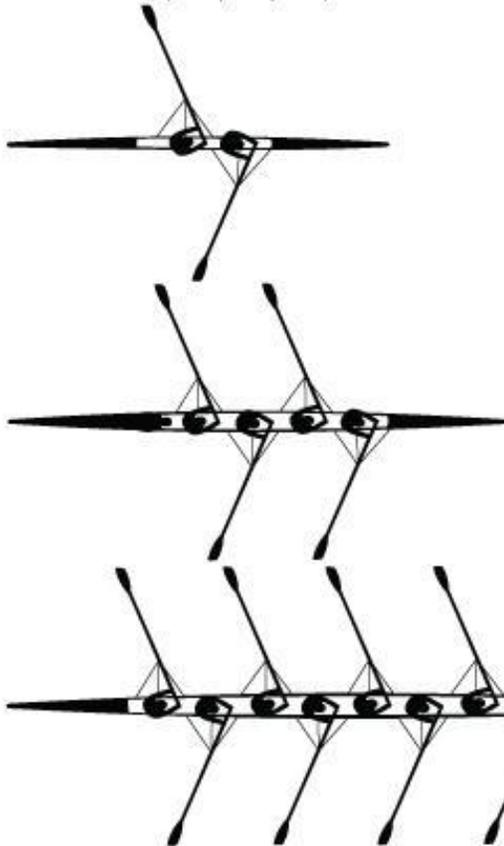
### Sculling Boats

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**Single (1x):** Approximately 26 feet long, 11 inches wide, and about 30 lbs. Rowed by one person using two oars.

**Double (2x):** Approximately 32 feet long, 13 inches wide, and about 60 lbs. Rowed by two people using two oars each.

**Quad(4x):** Approximately 42 feet long and about 115 lbs. Rowed by four people using two oars each.



### Sweep Boats

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**Pair (2-):** Approximately 32 feet long, 13 inches wide and about 60 lbs. Rowed by two people using one oar each.

**Four (4+):** Approximately 42 feet long, 21 inches wide and about 112 lbs. Rowed by four people using one oar each. Coxswain can be in the bow or the stern.

A **Straight Four (4-)** is a similar boat but without a coxswain.

**Eight (8):** Approximately 60 feet long, 26 inches wide and about 210 lbs. Rowed by eight people using one oar each. Coxswain sits in the stern.

# SAFETY & EMERGENCY INFORMATION



*Photographer: John Aspden*

## **EMERGENCY CONTACT INFORMATION**

If you haven't already, please fill out the [ERC Emergency Contact Form \(2021/2022\)](#).

Information collected in this form will be used in case of emergency during ERC programs. Your answers will be kept confidential and only your coaches and ERC administrators will have access.

## **RCA SAFETY VIDEO**

Check out the Rowing Canada safety video [HERE](#).

## **PERSONAL FLOTATION DEVICE (PFD) REQUIREMENTS**

The Edmonton Rowing Club's PFD policy requires all program participants to carry a PFD in the boat with them at all times.

All Learn to Row participants will be provided with a PFD for the duration of their course.

See Appendix F for a copy of the ERC PFD Requirements for Program Participants, or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

## **ERC EMERGENCY RESPONSE MAP**

See Appendix G for a copy of the ERC Emergency Response Map, or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

## **EMERGENCY ACTION PLAN (EAP)**

See Appendix H for a copy of the ERC Emergency Action Plan, or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

## **ERC SAFETY MANUAL**

The ERC board and staff are currently working on the ERC Safety Manual. For information regarding ERC Safety and Emergency protocols, please contact the [Club Manager](#).

# GLOSSARY OF ROWING TERMINOLOGY



*Photographer: John Aspden*

**Aerobic:** “With oxygen,” refers to the use of oxygen to produce energy in muscle cells.

**Anaerobic:** “Without oxygen,” refers to the energy systems that produce energy without oxygen in the muscle cells.

**Back:** Refers to rowing backwards, also used as a maneuvering stroke.

**Backstay:** Portion of the rigger used to provide stability to the pin.

**Blade:** The end of the oar, used to propel the boat. often painted in a club or country’s colours.

**Bow:** The front of the boat. The bow points in the direction which you travel. While in the boat coxswains always face the bow.

**Bow Seat:** Name for the rower sitting in the seat closest to the bow of the boat. Considered seat number one and commands the boat when there is no coxswain.

**Bow Ball:** Rubber ball that can help protect the bow of a rowing shell from damage.

**Button:** See collar.

**Catch:** Part of the stroke where the rower puts the blade in the water.

**Check:** Force directed in opposition to the forward progress of the boat.

**Clam:** Clip-on plastic piece that fits against the collar of an oar, helps to adjust inboard and therefore, the load on the oar.

**Clogs:** Type of footstretcher similar in construction to a sandal. Used on ergometers and in beginning rowing shells.

**Collar:** Part of the oar that keeps it from sliding through the oarlock.

**Coxswain:** The person in a rowing shell responsible for steering and race strategy.

**Crab:** Catching an oar in the water during a stroke.

**Crew:** The people rowing in a racing shell, including single scullers.

**Crossover:** Movement of one oar handle over another, left over the right.

**Deck:** Material covering up the top of the bow and stern sections of the boat.

**Double:** A two-person sculling shell.

- Drive:** The work portion of the rowing stroke, when blade is squared and buried in the water.
- Eight:** An eight-person sweep rowing shell with a coxswain.
- Ejector Crab:** When an oar gets caught in the water during a stroke so badly that the rower is ejected from the boat.
- Ergometer:** The rowing machine, used to measure the physiological effects of exercise. Commonly referred to as an “erg” or “ergo.”
- Feather:** Blade position during the recovery portion of a stroke. The blade is held flat so that it will not catch or dig into the water.
- Fin:** The thin, flat piece projecting from the centre of the bottom of a shell.
- Finish:** The portion of the stroke where the oar is extracted from the water.
- Footpad:** The space between the front of the tracks that is the only place you step when entering the boat. Often marked with rough black tape or a step here sign.
- Foot-stretchers:** The part of the boat into which the shoes are mounted.
- Four:** A four-person sweep rowing shell.
- Frontstops:** Part of the track assembly that prevents the seat from sliding off the tracks.
- Gate:** Part of the oarlock that may be raised or lowered to take the oar out of the oarlock or prevent it from coming out during the rowing stroke.
- Grip:** Part of an oar where the hand is placed.
- Gunwales:** The raised edges surrounding the cockpit, built to prevent water from entering.
- Handle:** Part of an oar where the hands are placed.
- Have an Eye:** A phrase used to warn another crew of a potential collision; letting them know they need to “have an eye” and watch where they are going.
- Hold Water:** A command used to stop the boat quickly. All rowers square their blades in the water, even allowing the oar handle to push against their bodies to resist the run of the boat.

- Hull:** The actual boat. The hull is very thin and fragile. It scratches and punctures easily.
- Inside Hand:** In sweep rowing, the term to denote the hand closest to the oarlock. Responsible for initiating the feather.
- Kilometer:** The most common unit of measurement in rowing. 1km = 1.2 miles.
- Lactic Acid:** A compound produced by anaerobic glycolysis, which is responsible for burning in muscles during a hard workout.
- Leg Drive:** Pressure is applied to the blade, at the catch, by the force of the legs driving down.
- Let it Run:** A command used to stop rowing. Ideally you keep your blades feathered off of the water and let the boat coast to a stop.
- Missing Water:** Not getting the blade into the water soon enough, causing to miss part of the beginning of the stroke.
- Oarlock:** The device that holds the oar at the end of the rigger.
- Octet:** An eight-person sculling shell with a coxswain, not a very common boat, used to teach sculling technique in bigger crews.
- Outside Hand:** In sweep rowing, the term used to denote the hand furthest from the oarlock. Responsible for the height of the oar on the recovery and the drive.
- Pair:** A two-person sweep rowing shell.
- Pin:** The metal cylinder the oarlocks swivels on.
- Policy:** Statements regarding the general philosophy and rules of the ERC. Policies are agreed upon by the Board of Directors and are to be adhered to by the membership.
- Port:** When facing backwards towards the stern, the right side of the boat.
- Power 10:** A call for the rowers to take 10 hard power strokes. Often used in races to make a move on another crew.
- Puddle:** The “footprint” or whirlpool made by the oars as they leave the water.

- Procedures:** The detailed steps taken to implement a policy. Procedures are formulated by ERC board and staff and are subject to change as the club evolves over time.
- Quad:** A four person sculling shell.
- Rate:** The number of strokes taken per minute.
- Recovery:** Part of the stroke from release to catch, rowing is moving towards the stern of the boat to prepare for the next stroke.
- Release:** Part of the stroke where the blade is extracted from the water.
- Rigger:** The assembly projecting from the side of the rowing shell to which the oarlocks are attached. Commonly built out of metal or carbon fibre.
- Rudder:** Located at the very stern of the boat or attached to the fin. Used to steer the boat.
- Run:** The distance the shell moves during one stroke. A rower can estimate this by looking for the distance between puddles made by the same oar.
- Rush:** A technical problem caused by rowers sliding too quickly to the catch. Causes the run of the boat to be checked.
- Seat:** On wheels that allow forward and back movement. Also, a rower's place and number in the boat.
- Sculling:** Each rower has two smaller oars.
- Shaft:** The long straight main section of the oar.
- Shell:** Another term for rowing boat.
- Single:** A one person sculling shell.
- Skeg:** See fin.
- Skying:** Term used to describe a blade that is too high off of the surface of the water. The rowers' hands are too low. This upsets the balance of the boat during the recovery.
- Sleeve:** Plastic plate that is about 2/3 up the shaft, goes in the oarlock.
- Slide:** The metal channels in which the seat travels. Also used to describe the motion of the rower towards the stern of the boat.

- Slide Bites:** Scars, scabs, or even gaping wounds on the back of a rower's calf. They are caused by the backside of calves hitting the slides every stroke.
- Square Blades:** The blade stays perpendicular to the water.
- Starboard:** When facing backwards towards the stern, the left side of the boat.
- Stern:** The rear of the shell. While in the boat rowers always face the stern.
- Stroke Seat:** The rower sitting closest to the stern, sets the rate and rhythm for the rest of the crew to follow.
- Sweeping:** Each rower has one larger oar.
- Swing:** From the finish, once arms are away, hinging at the hips.
- Tracks:** See slide.
- Vent Caps:** Located in the bow and stern decks, often found under each seat as well. When closed they trap air, when open they allow air flow to dry out any moisture in the shells compartments. Also allow access for adjustments to the slides.
- Washing Out** When the blade of the oar comes out of the water too early.

# APPENDICES



*Photographer: John Aspden*



## APPENDIX A: HOW TO REGISTER

### **What is Rowing Canada Aviron (RCA) and the Alberta Rowing Association (ARA)?**

RCA is the governing body for the sport of rowing in Canada. The ARA is the provincial branch of RCA. These associations provide, among benefits, insurance coverage for participants engaged in rowing activities.

### **Why do I have to register with RCA and ARA?**

RCA and ARA require everyone who participates in a rowing program with a local member club, to register with them as well. You do this online through the RCA Web Registration System (WRS). The fees for RCA and ARA are included in the total cost of your membership. You only need to pay RCA and ARA fees once per year and they are valid from the date of purchase until March 31<sup>st</sup> of the following year.

### **How do I register for programs?**

- STEP 1. Navigate to the RCA Web Registration System at <https://membership.rowingcanada.org/Home>
- STEP 2. Click on **Register/Join**.
- STEP 3. Click **Join a Program**.
- STEP 4. From the drop-down lists, choose **Alberta** and **Edmonton Rowing Club**.
- STEP 5. You will now see the list of ERC programs. Scroll down until you see the applicable program.
- STEP 6. Click **Join** on the adult or youth program as relevant. This will take you to the Log In/Create an Account screen.
- STEP 7. If you have rowed before at a club in Canada, select **Log In**. Follow the prompts to recover your login information if you do not remember your username, member number, or password. Update your account information if there are changes and be sure to include your emergency contact information.
- STEP 8. If you have never rowed before, select **Create Account Now**.

**Note for Parents/Guardians:** If you are registering a child or youth, you will need to create the account under their name. If you are registering more than one child or youth you will need to create separate accounts for each.

Follow the prompts to enter your personal information. When you enter your information, the system may find similar names and ask you to confirm that you do not already have a profile in the system. Based on your response, you will have the option to log in, update your profile, or create an account. When you create an account, the system will assign you a member number and prompt you to select a username and password. Make sure to include your emergency contact information in your account profile.

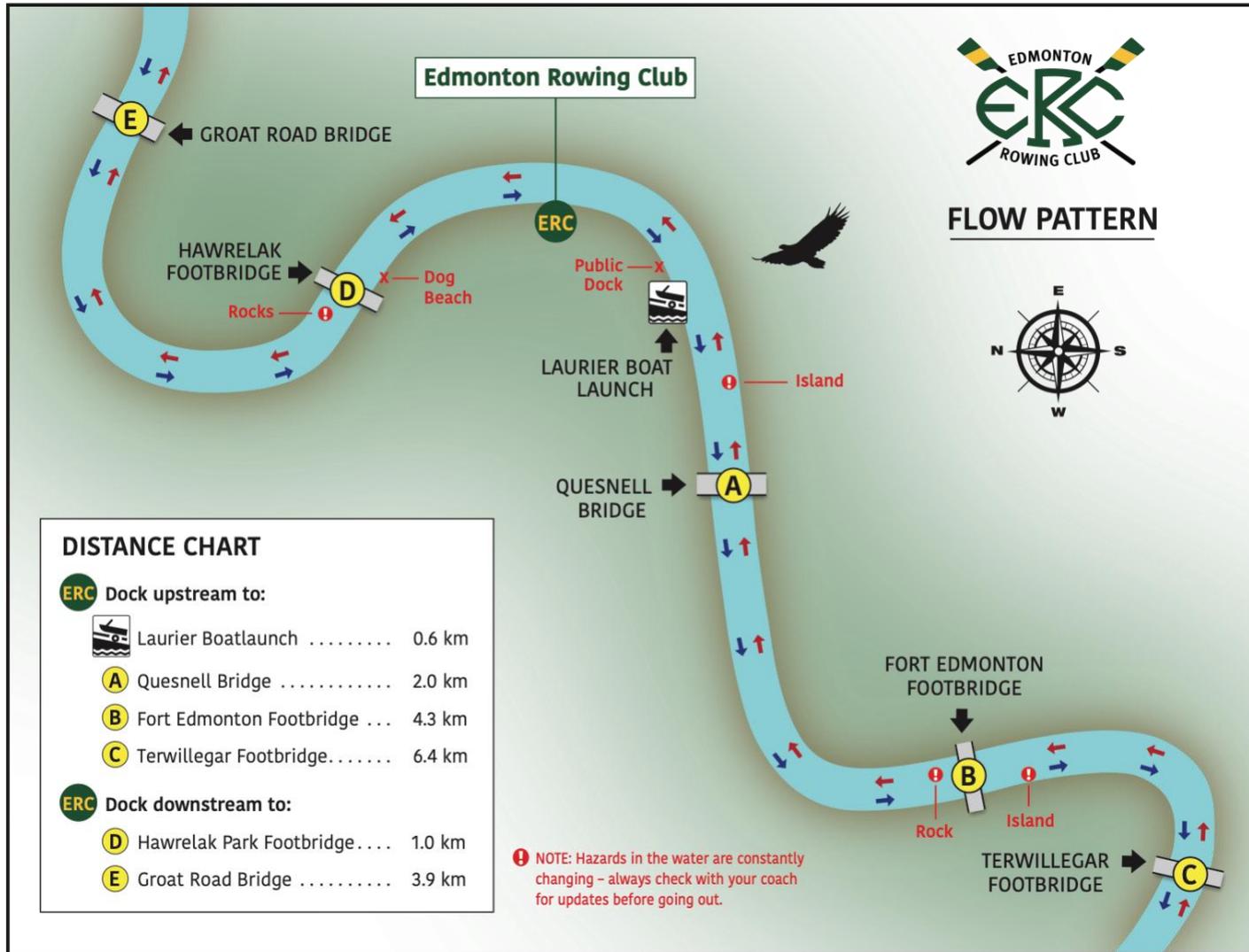
- STEP 9. Click the checkboxes to accept our liability waiver form and Code of Conduct.
- STEP 10. At the final step, you will be shown the charges and you can pay online by credit card.
- STEP 11. You will receive an email confirming your registration once it has been received and activated by our Membership Director.

**You're all done! Questions? Contact our Membership Director at [membership@edmontonrowing.ca](mailto:membership@edmontonrowing.ca) if you need help navigating the Web Registration System.**

## APPENDIX B: ERC FACILITIES MAP



## APPENDIX C: ERC FLOW PATTERN



ERC River Flow Map - May, 2020.



## **APPENDIX D: ERC PROPER EQUIPMENT CARE PROCEDURE**

Rowing shells and equipment are susceptible to damage and must be treated with care. The equipment of the Edmonton Rowing Club is imperative for our operation. It is expensive and difficult to repair and/or replace in a timely fashion. Equipment is shared among all programs of the ERC and therefore is important to handle it with utmost care to ensure longevity.

Members and program participants are expected to demonstrate proper boat care and handling while on land and water. Each rower in a Club owned boat shall assume responsibility for the care and maintenance of the boat before, during, and after training.

### **BEFORE EACH OUTING**

- Check all nuts and bolts before each row. Never row with a loose footstretcher or rigger.
- Check your heel ties, ensuring hands free release of the feet is possible
- Ensure all parts are tight before a row is imperative. You do not want your boat to become un-rowable when out on the water!

### **AFTER EACH OUTING**

- Wash hulls, oarlocks, seats and slides, and oar handles with soap and water. Wipe dry with a towel.
- Extra attention should be given to all metal parts of boats including seats, slides, oarlocks, riggers, and steering. Even the smallest amount of grit getting into these parts can cause rapid wear.
- Make sure all oarlocks are closed.
- Open all plugs and vent caps to facilitate drying.

### **WEEKLY**

- Wash hulls, oarlocks, seats and slides, and oar handles with soap and water. Wipe dry with a towel.
- Oarlocks and pins: put a drop or two of oil on the pin before reassembling.

If at any point you notice equipment is in need of repair or has been damaged, see the [ERC Repairs & Damaged Equipment Procedure](#).

These procedures are read in conjunction with the [ERC Proper Equipment Handling Procedure](#).



## APPENDIX E: ERC PROPER EQUIPMENT HANDLING PROCEDURE

### CARRYING THE OARS

- Carry oars blades first. This helps to see where the blades are at all times to prevent damage.
- Only carry as many oars as you can handle safely.
- When putting oars down on the ground, ensure you put them curved side down. (Although this leads to more wear on the paint, Concept 2 recommends this to avoid delamination of the tips.)

### AT THE RACK

- Lift the boat off the rack slowly and deliberately, be mindful to keep it level.
- Watch the riggers and oarlocks of your boat as well as boats on the racks above/below.
- Never step over a boat, always walk around it.

### AT THE STRETCHERS

- Always roll boats away from the stretchers.
- Listen to the instructions of the coxswain or bow seat.
- Make any adjustments to the boat either on stretchers prior to launching or once on the water.
- Inspect the boat to make sure all parts are there and that there is no damage. If a part is missing report it to your coach. *Do not remove parts from other boats.*
- If you notice that there is damage to the boat, see the [ERC Repairs & Damaged Equipment Procedure](#).
- Close any vent holes that are open.

### CARRYING THE BOAT

- Take boats down to the water stern first.
- Pay careful attention to prevent riggers and/or your boat from hitting other objects.
- Communicate with your crew and others around you.
- The number of people carrying a boat should be equal to or more than the number of seats in the shell. Never carry a boat with fewer people than seats.
- If you are going out in a single scull but are uncomfortable in carrying it on your own, do not hesitate to ask others for help.

## **AT THE DOCK**

- Do not step over oars if possible. This is a trip hazard which can hurt those carrying a boat or break an oar.
- When rolling the boat into the water, push away from the dock to ensure it clears the edge and that the fin is not damaged.
- Hold the shell off the dock to prevent rubbing due to waves and/or wake.
- For stabilization, put dockside oars in first then the waterside oars. This will help to “anchor” the boat to the dock.
- When lifting a boat out of the water, lift the boat straight up to waist height, step back from the edge, then go over head.

## **ENTERING & EXITING THE BOAT**

- Step only on the footpad, often marked with rough black tape or a *step here* sign.
- Do not step in the boat with shoes. This can leave excessive dirt which can get grit in the slides. Leave shoes on the dock pushed to the side so they do not create a hazard for other crews.
- Wait for instructions from your coxswain or bow person before getting in or out of your boat.

## **LAUNCHING & LANDING**

- Never leave boats unattended at the dock. This can delay other crews and it also puts your boat at risk of being damaged.
- Get on and off the dock as quickly as possible. This ensures that other crews are not delayed. Aim to be on the dock for about 90 seconds (experienced rowers should give grace to newer crews).
- Do not drag oars along the dock when launching or landing.

When launching, it is recommended that you *do not* use the tips of your oars to push away from the dock as this can damage them. A few alternative launching techniques are as follows:

1. Push the bow of the boat away first and let the current take the boat out.
2. Push off with your hands firmly, have a starboard person choke up on the oar handle (near the shaft) and tap the boat away using the water between the dock and the boat.
3. Use the ‘one foot push-off’ technique.

If at any point you notice equipment is in need of repair or has been damaged, see the [ERC Repairs & Damaged Equipment Procedure](#).

These procedures are read in conjunction with the [ERC Proper Equipment Care Procedure](#).



## **APPENDIX F: ERC PFD REQUIREMENTS FOR PROGRAM PARTICIPANTS**

### **What is new about ERC PFD requirements for 2021?**

On September 20, 2020, the ERC Board of Directors passed a policy in regard to personal flotation devices. This policy requires all club members and program participants to have a PFD in the boat with them at all times.

The most recent version of this policy can be found at [edmontonrowing.ca](http://edmontonrowing.ca).

### **Why is this change important?**

Did you know? Transport Canada regulations state that rowing shells are exempt from carrying PFDs, when they are accompanied by a safety boat that is carrying enough for the largest crew on the water.

However, due to the curves in the river affecting sight lines, and the tendency for rowers to spread out over the river during practices, the implementation of this policy increases the safety for all ERC rowers and ensures the club is compliant with Transport Canada regulations at all times.

### **Do I have to buy my own PFD?**

No. For the duration of your program the ERC will lend you a PFD.

If you choose to become a member upon completing your program, those 16+ years of age and/or who weigh heavier than 36 kilograms (80 pounds) have the option to either rent or buy a [Mustang Minimalist Inflatable Belt](#) (colour: Azure Blue) from the ERC. You are not required to purchase your PFD through the club, but you are required to have a PFD in the boat with you at all times.

Rentals: \$50.00 for the 2021 on-water season

Purchase through the ERC: \$115.00 (typical retail price is ~\$150.00)

### **How does this policy affect U16 rowers?**

If rowers are less than 16 years of age and/or weigh less than 36 kilograms (80 pounds), they must carry an inherently buoyant PFD (think lifejacket) and *not* an inflatable PFD.

You can bring your own inherently buoyant PFD, but if you do not own one the ERC will provide you one on a per session basis. PFDs will be disinfected in between sessions per COVID-19 protocols.

### **How do I rent or buy my PFD from the ERC?**

Please fill out [THIS](#) Google Form. After completing the form, you will receive an invoice from the ERC, and the Club Manager will contact you to arrange pick up.

### **Is this a fundraiser for the ERC?**

The club is not profiting from PFD sales and we are only able to offer this discounted price to members due to the quantity purchased from the supplier.

### **Who should I contact if I have questions about the ERC's PFD requirements?**

Should you have any questions, please email Jess Phillips at [clubmanager@edmontonrowing.ca](mailto:clubmanager@edmontonrowing.ca).

## APPENDIX G: ERC EMERGENCY RESPONSE MAP



\* Emergency services and all ERC staff/coaches should have a key to the Emergency Gate. There is also a key on the wall in the ERC Boathouse, next to the office.

# APPENDIX H: ERC EMERGENCY ACTION PLAN

## EMERGENCY ACTION PLAN 2021 EDMONTON ROWING CLUB (ERC)



### BOATHOUSE AND INDOOR TRAINING FACILITY

#### IMPORTANT ADDRESSES

##### SITE/FACILITIES

**Edmonton Rowing Club**  
8438 - 129 Street NW  
Edmonton, AB  
T5R 3G4

##### NEAREST HOSPITALS

**Misericordia Hospital**  
16940 - 87 Avenue NW  
Edmonton, AB  
T5R 4H5

**University of Alberta Hospital**  
8440 - 112 Street NW  
Edmonton, AB  
T6G 2B7

##### LOCATION INFORMATION

###### Site Access

- Emergency responders will need to get past a gate at the Buena Vista Dog Park parking lot to get to the boathouse
- Responders should already have a key for this gate, if not, a spare key is located in the Boathouse, in a key box next to the office.

###### River Rescue

- Primary river rescue location for the ERC is Laurier Park boat launch.

#### EMERGENCY PHONE NUMBERS

##### EMERGENCY SERVICES

**Emergency..... 9-1-1**

**Police..... 780-407-8822**  
*(Non-Emergency)*

##### HEAD COACH

**Walter Martindale**  
780-263-6028

##### CLUB MANAGER

**Jess Phillips**  
780-242-3167

##### OTHER

###### River Valley Park Rangers

8am-5pm, Mon-Sun: call 3-1-1  
After 5pm: call Police *(Non-Emergency)*

###### Misericordia Hospital

780-735-2000

###### University of Alberta Hospital

780-407-8822

#### ERC EMERGENCY ACCESS MAP:

[edmontonrowing.ca/wp-content/uploads/2021/03/ERC-Emergency-Facility-Map-2020.pdf](http://edmontonrowing.ca/wp-content/uploads/2021/03/ERC-Emergency-Facility-Map-2020.pdf)

# EMERGENCY ACTION PLAN 2021

## EDMONTON ROWING CLUB (ERC)



### DIRECTIONS TO SITE/FACILITY

#### DRIVING TO THE ERC BOATHOUSE

- From the traffic circle at 142 street and 87 avenue, go east on Buena Vista Road, downhill.
- At the bottom of the hill at the traffic circle (132 street), take the 3rd exit.
- Follow the paved road as it turns right and then take your first left.
- You will come up to a chain gate for the Buena Vista Dog Park, someone will meet you at the gate with a key or it can be broken open if necessary.
- Follow the paved road through the dog park as it turns right.
- Go past the ERC sign until you see two buildings on your right. The furthest building is the main Boathouse.

#### DRIVING TO THE ERC INDOOR TRAINING FACILITY

- From the traffic circle at 142 street and 87 avenue go east on Buena Vista Road downhill.
- At the bottom of the hill at the traffic circle (132 street), take the 3rd exit.
- Follow the paved road as it turns right.
- Continue until you come to the building at the end of the road. That is the Indoor Training Facility.

#### DRIVING TO THE LAURIER PARK BOAT LAUNCH

- From the traffic circle at 142 street and 87 avenue, go east on Buena Vista Road downhill.
- At the bottom of the hill at the traffic circle (132 street), take the 2nd exit and follow the road, the Boat Launch will be to the left after about 350m.

### CHARGE AND CALL PERSONS

#### CHARGE PERSON

##### Most senior staff or coach on site.

Responsibilities:

- Conduct an initial assessment of the injury.
- Designate someone to watch the other participants (stop all activities and ensure all participants are in a safe area if nobody is available to supervise).
- Wait with the injured participant and help keep them calm until emergency medical services arrive and conduct their initial assessment of the injury.
- Record the injury using the ERC's injury report form.

#### CALL PERSON

##### Assigned by the Charge Person.

Responsibilities:

- Call for emergency help.
- Provide all the necessary information to dispatch:
  - The facility location.
  - The closest access door to the injured participant.
  - The nature of the injury.
  - A description of first aid that has been performed.
  - Other medical information, such as allergies or medical conditions.
- Clear any traffic from the facility entrance or access road before the ambulance arrives.
- Wait by the entrance to direct the ambulance.
- Get the participant's emergency contact information from your program coach or the Club Manager.
  - Call the participant's emergency contact person.
- Assist the charge person as needed.