



SUMMER CAMP UPGRADE INFORMATION PACKAGE

Version 2021-07-28

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Welcome to the Edmonton Rowing Club's (ERC) Summer Camp Upgrade Information Package.

This package is a comprehensive guide about upgrading from a Summer Camp to a membership with the ERC.

Any information within this package is subject to change.

We hope you enjoyed your Summer Camp and are looking forward to you becoming a member of the ERC!

THE EDMONTON ROWING CLUB



Photographer: John Aspden

CONTACT US

ADDRESS

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

CONTACT LIST

The ERC does not have a phone number associated with it. Please contact us via email.

Club Manager	Jess Phillips	clubmanager@edmontonrowing.ca
Head Coach (ERC & UART Competitive)	Walter Martindale	headcoach@edmontonrowing.ca
Juniors Coach	Maki Nichols	juniorscoach@edmontonrowing.ca
Membership Director	Mei Wah Fong	membership@edmontonrowing.ca
Bingo Coordinator	Patrick Harrower	bingos@edmontonrowing.ca

MEMBERSHIP PROGRAMS



Photo: John Aspden

MEMBERSHIP PROGRAMS OVERVIEW

The following is an overview of the ERC’s membership programs prior to COVID-19. For information on how the ERC is running membership programs for the 2021/2022 year, see 2021/2022 Membership Overview below.

SENIOR COMPETITIVE

Coach	<u>Walter Martindale</u>
Who?	Those looking to train for and compete in various local, regional, and national level regattas, and those looking to compete for Team Alberta or make a Rowing Canada Aviron national team.
Age Restrictions	Individuals 19+ years of age can row in the ‘open’ category as long as they wish. Once an individual reaches 21 years of age they are eligible to compete as an ‘AA’ master.
Coached Sessions	<u>Spring through Fall</u> Coached sessions are offered up to 11 times per week. <u>Winter</u> Coached sessions are offered up to 6 times per week.
Training Expectations	<u>Spring through Fall</u> Athletes are expected to attend a minimum of 6 sessions per week. Ideally, athletes attend 11 sessions per week. <u>Winter</u> Athletes are expected to attend a minimum of 2 sessions per week. Ideally, athletes train daily.
Racing Expectations	Racing is the main purpose of the seniors competitive group. Competitive athletes are encouraged to enter all regattas for which they are eligible. In some cases, club selection events may limit the number of participants that can attend a regatta.

MASTERS

Coach	TBC
Who?	Those looking to train for and compete in various local, regional, and national level regattas.
Age Restrictions	See below for a breakdown of the masters age categories. Age categories do not apply to coxswains of masters crews.
Coached Sessions	<u>Spring through Fall</u> Coached sessions are offered 5 times per week. <u>Winter</u> Coached sessions are offered 5 times per week.
Training Expectations	Athletes attend sessions as often as they can.
Racing Expectations	There are no racing expectations for masters athletes. Athletes attend as many regattas as they can.

The age of a rower in a masters rowing event shall be that which they reach during the year of the event. Masters rowing events shall be held in the following crew age categories:

AA	21-26 years of age	A	27-35 years of age
B	36-42 years of age	C	43-49 years of age
D	50-54 years of age	E	55-59 years of ag
F	60-64 years of age	G	65-69 years of age
H	70-74 years of age	I	75-79 years of age
J	80-82 years of age	K	83-85 years of age
L	86-88 years of age	M	89 years of age or more

JUNIORS

<p>Coach</p>	<p>TBC</p>
<p>Who?</p>	<p>Youth athletes who want to participate in recreational rowing, or those who are looking to train for and compete in various local, regional, and national level regattas.</p> <p>The Junior program offers individuals access to structured and organized sport, promoting development and life skill training. Training and competition follow Rowing Canada Aviron’s Long-Term Athlete Development Model.</p>
<p>Age Restrictions</p>	<p>For individuals under the age of 19.</p> <p>An athlete ceases to be a junior on December 31st of the year in which they turn 18 years of age.</p>
<p>Coached Sessions</p>	<p><u>Spring through Fall</u> Coached sessions are offered 6 times per week.</p> <p><u>Winter</u> Coached sessions are offered 4 times per week.</p>
<p>Training Expectations</p>	<p>Athletes attend sessions as often as they can.</p>
<p>Racing Expectations</p>	<p>There are no racing expectations for junior athletes.</p> <p>Athletes can attend regattas based on skill level.</p>

SPORT

Coach	TBC
Who?	Aimed at individuals who want to participate in recreational rowing.
Age Restrictions	Open to individuals 18 years of age or older.
Coached Sessions	<u>June through September</u> Coached sessions are offered 5 times per week. <u>May & October / Winter</u> Coached sessions are offered 3 times per week.
Training Expectations	Athletes attend sessions as often as they can. Training is organized via a Google Sheet sign-up system.
Racing Expectations	There are no racing expectations for sport athletes. Sport athletes have the opportunity to compete in Edmonton Rowing Club & Vermillion Rowing Club hosted regattas.

2021/2022 MEMBERSHIP OVERVIEW

GENERAL MEMBERSHIP

Coaches	Walter Martindale , Camil Teodorescu , and Sahara Duffett
Who?	All adult (18+) members of the ERC, regardless of what program they rowed for in years past.
Age Restrictions	Open to individuals 18 years of age or older.
Coached Sessions	<p>See the Members Page at edmontonrowing.ca for the most up to date training schedule.</p> <p>Experienced, developmental, and open coached sessions are offered. See edmontonrowing.ca for a description of the various coached sessions offered.</p>
Training Expectations	<p>Athletes attend sessions as often as they can.</p> <p>Training is organized via a Google Sheet sign-up system. Access to the weekly sign-up sheet will be given upon registration.</p>
COVID-19 Procedures & Protocols	<p>The number of athletes per session will be capped depending on resources and current COVID-19 restrictions.</p> <p>See edmontonrowing.ca for the most up to date COVID-19 procedures and protocols.</p>
Racing Expectations	Racing for the 2021/2022 season is to be confirmed.

YOUTH MEMBERSHIP

<p>Coach</p>	<p>Maki Nichols</p>
<p>Who?</p>	<p>Youth athletes (U19) who want to participate in recreational rowing, or those who are looking to train for and compete in various local, regional, and national level regattas.</p> <p>The Junior program offers individuals access to structured and organized sport, promoting development and life skill training. Training and competition follow Rowing Canada Aviron’s Long-Term Athlete Development Model.</p>
<p>Age Restrictions</p>	<p>For individuals under the age of 19.</p> <p>An athlete ceases to be a junior on December 31st of the year in which they turn 18 years of age.</p>
<p>Coached Sessions</p>	<p>See the Members Page at edmontonrowing.ca for the most up to date training schedule.</p>
<p>Training Expectations</p>	<p>Athletes attend sessions as often as they can.</p> <p>Training is organized via a Google Sheet sign-up system. Access to the weekly sign-up sheet will be given upon registration.</p>
<p>COVID-19 Procedures & Protocols</p>	<p>The number of athletes per session will be capped depending on resources and current COVID-19 restrictions.</p> <p>See edmontonrowing.ca for the most up to date COVID-19 procedures and protocols.</p>
<p>Racing Expectations</p>	<p>Racing for the 2021/2022 season is to be confirmed.</p>

FEES & REGISTRATION



Photographer: John Aspden

2021/2022 UPGRADE FEES

\$100 from each Summer Camp you participate in will be applied to your first-year membership!

Membership fees are prorated depending on the time of year you join the ERC. When signing up for ERC programs through the RCA Web Registration System, the pro-rated fees are applied automatically.

To see the current upgrade fee, see membership.rowingcanada.ca and look at the ‘Youth Summer Camp Upgrade to Youth Membership’ option. This option already includes your \$100 discount.

MEMBERSHIP DURATION

A membership with the Edmonton Rowing Club and Rowing Canada Aviron runs from April 1 – March 31. For example, if you sign up for a membership with the ERC on July 1 of 2020, that membership is good until March 31 of 2021.

HOW TO REGISTER

See edmontonrowing.ca for instructions on how to register for Edmonton Rowing Club membership programs.

When registering, select the ‘Youth Summer Camp Upgrade to Youth Membership’ option. This option already includes your \$100 discount.

BINGOS

Earnings from bingos contribute significantly to the ERC’s annual revenue stream. This income helps to keep membership fees affordable and allows the ERC to invest in coaching and equipment that benefits all program participants.

For questions about bingos please contact the [Bingo Coordinator](#).

BINGO REQUIREMENTS

All members of the Edmonton Rowing Club are required to work a minimum number of bingos throughout the membership year.

Members are required to work 3 bingos for the 2021/2022 membership year.

You must be 18 years of age or older to work a bingo. Parents/Guardians can work a bingo on behalf of their child.

BINGO SIGN-UP SHEET

Access to the bingo sign-up sheet will be given upon registration.

BINGO PAYOUTS

If you are unable to meet bingo requirements, you have the option to pay them out at a set fee determined by the Board of Directors on an annual basis. The bingo payout fee for 2021/2022 is \$150 per bingo.

View/download a copy of the ERC Bingo Payout Process from edmontonrowing.ca.

WHERE ARE BINGOS HELD?

All bingos are held at the [Parkway Bingo Hall](#)
8775 51 Avenue NW
Edmonton, AB
T6E 5H1

VOLUNTEER HOURS

Volunteer hours are part of our membership requirements, and they help to keep our fees low and membership accessible.

All members of the Edmonton Rowing Club are expected to work a predetermined number of volunteer hours throughout the membership year. Volunteer hours can be completed through various club initiatives, regattas, or other club related tasks.

Due to COVID-19, details about volunteer hours are to be determined for the 2021/2022 season.

For questions about volunteering, please contact the [Club Manager](#).

REGISTRATION REFUNDS

Refunds (less a 15% administration fee) will only be provided on a case-by-case basis.

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

SAFETY INFORMATION



Photographer: John Aspden

PERSONAL FLOTATION DEVICE (PFD) REQUIREMENTS

New to 2021/2022 the ERC will be operating above and beyond Transport Canada regulations. The Edmonton Rowing Club's new PFD policy requires all members to carry a PFD in the boat with them at all times.

To learn more about our new PFD policy, view/download the PFD Requirements for Members document from edmontonrowing.ca.

View/download a copy of the ERC Personal Flotation Device Policy from edmontonrowing.ca.

PFD RENTALS & PURCHASES

Those 16 years of age and older 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)

Please fill out this [Google Form](#) to indicate if you would like to rent or purchase a PFD through the ERC.

U-16 PFD REQUIRMENTS

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.

SUMMER CAMP UPGRADE FAQ



Photo: John Aspden

SUMMER CAMP UPGRADE FAQ

Q. What happens after I upgrade to a full membership?

A. Our [Membership Director](#) will confirm your registration and send you an email with all the applicable information you will need.

Q. Do I have to pay a full year's membership if I am joining late in the season?

A. Membership fees are prorated depending on the time of year you join the ERC. When signing up for ERC programs through the RCA Web Registration System, the pro-rated fees are applied automatically.

Q. What is a membership year with Rowing Canada Aviron and the Edmonton Rowing Club?

A. A membership with the Edmonton Rowing Club and Rowing Canada Aviron runs from April 1 – March 31. For example, if you sign up for a membership with the ERC on July 1 of 2020, that membership is good until March 31 of 2021.

Q. Do sessions fill up quickly due to the capped number of boats?

A. To date we have not had an issue with the number of available spots in a session. The best way to guarantee you can row during the session you want is to sign up early.

Q. How long is the ERC on the water for?

A. We will row on the water for as long as we can. This roughly takes us until the end of October/ early November.

Q. Am I able to row a club boat outside of regular practice times?

A. The ERC does have a Rowing Outside of Regular Practice Times Policy. However, you have to be an experienced rower with approval from our [Head Coach](#) to be able to take advantage of this policy. Typically, it takes a year or more of rowing a single scull to become proficient enough to do this.

Q. What does winter training with the ERC look like?

A. Typical winter training with the ERC takes place in our indoor training facility where we take advantage of our rowing machines and indoor tank. Each program has 3 or more scheduled indoor sessions per week.

Q. What does winter training with the ERC look like during COVID-19?

A. Unfortunately, due to COVID-19 during the winter of 2020 and 2021, we had to close our indoor training facility. As an alternative we offered online coached sessions and an erg lending program for members. What winter training for the 2021/2022 season will look like is still to be determined by our Board of Directors, in conjunction with Rowing Canada Aviron and public health requirements.

Q. What if I cannot fulfill my bingo requirements?

A. If you are unable to meet the bingo requirements, you have the option to pay them out at a set fee determined by the Board of Directors on an annual basis. If you have questions about paying out your bingos, please see the Bingos section of this information package.

Q. What if I cannot fulfill my volunteer requirements?

A. Volunteer hours can be completed through various club initiatives, regattas, or other club related tasks. Members do not necessarily have to be at the rowing club to complete their volunteer hours - something as simple as baking cookies for a dock day counts! Contact the [Club Manager](#) if you need help fulfilling your required hours.