



FRC Guest Rower Policy

August 2018

In an effort to return to our grassroots origins, and foster the introduction of the sport of rowing to new potential members, as well as provide opportunities for rowers from across the world, below is FRC's Guest Rower Policy. The intention of this policy is to have a formal mechanism which allows current FRC members the ability to share the sport of rowing with their friends, family, co-workers, etc.

ROWING AS A GUEST OF AN FRC MEMBER

Guests of FRC members (who are in good standing) may row on a trial basis for a maximum of 3 on-water and 5 dry-land sessions without fees. Guests must:

- Sign the FRC's liability waiver and the RCA waiver
- Abide by FRC staff decisions about what programs and which equipment they may use
- Row during a scheduled coached FRC program (with coach's permission) – OR – Row with an **experienced** FRC member (who has the Athletic Director's permission to row) outside of regular program time, under the supervision of a coach boat
- Row in a shell configuration where no less than 50% of the crew consists of experienced rowers, and the bow of the boat is an experienced FRC member (who accepts responsibility for the boat)

ROWING AS A GUEST FROM ANOTHER CLUB

Rowers who are members of other clubs are welcome to row one week per year without fees. Guest rowers must:

- Sign the FRC's liability waiver
- Abide by FRC staff decisions about what programs and which equipment they may use
- Have a current Rowing Canada Aviron (RCA) number or equivalent for their country
- Demonstrate their membership in another club, including athlete insurance if not already covered under Rowing Canada
- Outline their rowing experience
- Row during a scheduled coached FRC program (with coach's permission) – OR – Row with an experienced FRC member (who has the Athletic Director's permission to row on their own) outside of regular program time, under the supervision of a coach boat.
- Row in a shell configuration where no less than 50% of the crew consists of experienced rowers
- A guest rowing from another club may row as bow in a boat **ONLY** after they have become appropriately familiarized with FRC's boat handling procedures, waterways, and the various hazards they may encounter (bridges, dead heads, etc...). Permission to act as bow or row a club single must first be given by an FRC coach.

If a guest from another club wishes to continue rowing after they have reached their limit on free days/sessions, they must take an FRC membership.