



FREDERICTON ROWING CLUB

EXPERIENCED ADULT ROWER PROGRAM

This is an adult rowing program for experienced rowers who have been rowing for at least two (2) seasons and/or competitively at a provincial/national level. Participants must be competent and familiar with the Fredericton section of the Wolastoq (Saint John) River.

This is a non-coached program for experienced rowers who just want to get on the water, hone/refresh their skills and maintain fitness. Participants reserve their rowing opportunities via the FRC's Sign Up Genius invitation system up to four (4) times a week, regardless of using FRC or private equipment.

Participants are reminded of the following restrictions pursuant to the FRC's Safety Policy:

- PFDs are to be worn by all individuals on the water
- Buddy rowing (without a Safety Boat) may be permitted to a max of 4 shells (limited to 1x and 2-/x) for experienced rowers sanctioned by the FRC and have undergone the FRC's Rower Self-Rescue Training within the past 2 years.

Experienced rowers who are returning to the sport after being absent for a several seasons are most welcome and are encouraged to register under this program. On a case-by-case the FRC will conduct a series of "Return to Rowing" sessions to assist and reintroduce returning rowers to the sport, RCA/FRC policies, procedures and best practises, safety protocols and equipment use and care.

START: 3rd Week of May (Depending on water conditions) **END:** Last week of October

DURATION: Approx. 20 weeks x up to 4 times a week 5:30-7:30AM, 7:30-9:30AM and 6:00-8:00PM, but dependent on daylight, weather and availability of volunteers to operate safety boat(s) and access to facilities.

COST: Full Season (Jun-Oct): \$627.50*
Summer (Jun-Aug): \$477.50*
Fall (Aug-Oct): \$377.50*

* Includes any applicable National and/or Provincial Sport Organization participant fee(s)

INCLUDED: Rowing Equipment, Sun, Wind, Rain, Ducks and Bugs

ITEMS TO BRING: Water Bottle, Sunscreen, Hat, High-Visibility Clothing (shirt), Crocs / Flip-Flops / Water shoes and most important **Positive Attitude, Willingness to Learn and Have Fun !!!**

NOT INCLUDED: Private rowing shell storage in not available at the FRC