

# Participation Waiver

Mandatory for Pickering Rouge Canoe Club Member/Parental Acknowledgement, Release and Participation.

## **(Please read and acknowledge your agreement)**

Pickering Rouge Canoe Club, also known as West Rouge Canoe Club, directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, owners/operators of facilities, and representatives (collectively known as the "Organization") are not responsible for any injury, damage, property damage, expense or loss of any kind suffered by a Participant during, or as a result of, participating in any program, activity or event, caused in any manner whatsoever. In consideration of the Organization allowing me/my child to participate, I agree:

- To WAIVE any and all claims that I/my child may have now or in the future against the Organization;
- To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense, and related loss, including loss of income, resulting from my/my child's participation in the sports and or events and programs of the Organization
- To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees)(collectively, the "Claims") which I/my child may have or may have in the future, that might arise out of, result from, or relate to my/my child's participation in any activity organized by the Pickering Rouge Canoe Club or the West Rouge Canoe Club, my/my child's presence at any venue, the events, activities or programs of the Organization, and/or my/my child's traveling to or from the events, activities or programs of the Organization, even though such claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, of the Organization.

In consideration of acceptance, I, for myself and/or on behalf of my child and for my heirs, executors, administrators, successors and assigns hereby release, waive and forever discharge the Pickering Rouge Canoe Club and the West Rouge Canoe Club, its directors, club officials, volunteers, members, organizers, employees, coaches, sponsors, and administrators (hereinafter called the "Release") of and from all claims, liabilities, demands, damage costs, expenses, actions, and causes of actions, whether in law or in equity, of every kind of nature whatsoever. I warrant that I/my child is physically and mentally fit to participate in the programs offered including but not limited to practices, competitions etc. and that I/my child is an able swimmer. I understand that water sports can be a dangerous activity and that participant(s), which I accept as a condition of me/my child's membership in Pickering Rouge Canoe Club and the West Rouge Canoe Club, are exposed to hazards and risks.

**I hereby acknowledge having read, understood, and agreed to accept the terms and conditions of the release.**

# ATHLETES & PARENTS/GUARDIANS

(for athletes under 18 years of age)



I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all (respecting other athletes, coaches, team trainers and officials).

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when and individual suspects that another individual may have sustained a concussion. (Meaning: If I think I might have a concussion I should stop participating in further training, practice, or competition immediately, or tell an adult if I think another athlete has a concussion.)
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, team trainer, parent, or another adult I trust if I experience any symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, team trainer, parent, or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice, or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice, or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with the athlete's school and any other sport organization with which the athlete has registered. (Meaning: If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover.)

# ATHLETES & PARENTS/GUARDIANS

(for athletes under 18 years of age)



**I will take the time I need to recover because it is important for my health.**

- I understand my commitment to supporting the return-to-sport process.
- (I will have to follow my sport organization's Return-to-Sport Protocol.)
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice, or competition.
- I will respect my coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

**I can help prevent concussions, through my:**

- Commitment to zero-tolerance for prohibited play that is considered high risk for causing concussions.
- Acknowledgement of mandatory expulsion from competition for violating zero tolerance for prohibited play that is considered high risk for causing concussions. *(Meaning: I will be disqualified/expelled from play if I violate the zero-tolerance policy).*
- Acknowledgement of the escalating consequences for those who repeatedly violate the Concussion Code of Conduct.

**I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.**

# Pickering Rouge Canoe Club Refund Policy

- Registrations are only considered final when full payment is made.
- All cancellation/refund requests must be done in writing to the PRCC administrator and the respective Program Coordinator. All refund requests will take up to 2 weeks to process.
- Participants in any course/program which is cancelled due to not meeting minimum registration levels or for any other reason will be offered spaces in similar courses or refunds prorated based on the proportion of the course remaining.
- Refunds are not granted for inclement weather. Coaches/Program Coordinators will do their best to reschedule sessions in the current season.
- No refunds will be issued if a participant leaves a course/program due to disciplinary issues.
- Refunds on past account credits will be issued minus a \$50 administration fee.

PRCC	PROGRAM	DETAILS
Membership	Club/Paddling	If cancellation is done within the first 2 weeks of membership registration, then a refund is provided minus a \$50 administration fee. After the first 2 weeks of registration, cancellation will result in the equivalent of the following month being withheld (i.e., cancellation of membership on December 15 <sup>th</sup> , the amount prorated for up to and including January will be withheld.)
Sprint Paddling Program	Full Summer  Bantam/ Development/High Performance  Masters/Alumni/SPT	Participants of the full summer sprint program (U10, U12, U14, U16, U18, HP), will have the first 5 days of the start of the program to withdraw if a refund is to be issued less a \$50 administration fee.  <b>For programs that occur bi-weekly or weekly, cancellation can occur within the first 2 weeks with a full refund minus the \$50 administration fee. Cancellation requests that are done following the first 2 weeks will not be refunded.</b>
Leadership in Training (LIT)	Two Week Programs	There is no refund available for the 2 week programs once the program has started. If cancellation is done 2 weeks before the start of the program, then a refund will be issued less a \$50 administration fee. If cancellation is done within less than 2 weeks to the start program, a refund will be issued for 50% of the program fee. Cancellation requests the Friday before the program starts will not qualify for a refund.

PRCC	PROGRAM	DETAILS
Summer Camps	1 week summer camp	There is no refund available once the camp has started. If cancellation is done at least 2 weeks before the start of the camp, then a refund will be issued less a \$50 administration fee. If cancellation is done within 2 weeks prior to the start of the camp, a refund will be issued less 50% of the camp fee. Cancellation the Friday before the camp starts will not qualify for a refund.

**I acknowledge that I have fully reviewed and understand the Refund Policy.**

# Pickering Rouge Canoe Club Regatta Volunteer Policy

The Pickering Rouge Canoe Club is a volunteer- driven, not-for-profit organization that relies on the participation of all members. Participation is required to address regatta safety and provide successful experiences for all athletes.

All PRCC regattas require a volunteer commitment. A lack of volunteers can result in the PRCC having to hire positions for regattas, such as canteen staff or boat drivers.

The PRCC has a responsibility to the Western Ontario Division (WOD) of Canoe Kayak Canada (CKC) to host high level regattas. The WOD Volunteer Policy requires each Club to provide a percentage of volunteers for WOD sponsored regattas. The PRCC will be fined if the Club does not meet its volunteer quota for each WOD sponsored regatta.

The PRCC has developed a *Volunteer Policy* that is aligned to its current and future operational requirements. The policy reflects its membership characteristics and the organization's long term philosophy and vision. In order to support the policy, training opportunities for all official levels will be offered by PRCC each season, as well as practical orientation sessions for new boat drivers.

## Definitions

### WOD Sponsored Sprint Regatta

A WOD (Western Ontario Division) Sponsored Sprint Regatta is a sprint canoe kayak regatta that the division runs for the benefit of its Club Members. In general, there are several of these regattas every summer: WOD Qualifiers for Nationals, WOD U14 Championships, and in some instances Ontario Championships or Ontario Team Trials.

### Volunteer Credits

- One volunteer shift is half a day, providing 1 volunteer credit.
- One regatta food contribution provides 0.5 volunteer credits.

## Volunteer Opportunities

- Boat Drivers
- Safety Boat Spotters
- Officials
- Starters and Assistant Starters
- Finish Line Judge
- Timers
- Awards
- Canteen and Hospitality
- Site Clean Up

## Other Volunteer Opportunities

- Spring/Fall Clean Up
- Fundraising
- Other: What are your Talents? Talk to us!

## Required Volunteer Commitment

- 2 credits per registered athlete
- 1 additional credit for each additional registered athlete per family

**\*\*For students, volunteer hours can also go towards high school community service hours. If you need to cancel a volunteer shift, it's your duty to find a replacement.**

## Volunteer Requirements

**a) All families that have one athlete are required to fulfill 2 volunteer credits. Each additional registered athlete will add an additional credit requirement for that family. For example, a family that has 3 Bantams are required to volunteer 4 credits. In addition, RACING members have to satisfy their volunteer credits at different regattas for each person that is racing. For example, a family that has 3 children racing must volunteer at 3 *different* regattas, which satisfies 3 of their credits. It cannot all be done at the same regatta. They would still need to complete one more credit wherever they choose.**

**b) Non-competitive Bantams, Masters and Special O: These members can satisfy their volunteer requirements locally, not at a regatta.**

A cheque for the outlined fee will be collected upon registering for any competitive summer program. If you have fulfilled all of your volunteer commitments for the season, your cheque will be returned. However, at the completion of each season if volunteer commitments are not fulfilled, the cheque will be cashed and a new cheque will be collected at the start of the following season. Upon retiring from the competitive program, if all volunteer commitments have been fulfilled the current season's cheque will be returned.

## **Financial Commitment**

a) The volunteer commitment fee will be \$150 for one registered athlete, \$200 for two, and \$250 for families with 3 or more registered athletes. This applies to all competitive programs: Bantam, Development, HP, Masters and Special O.

b) Non Competitive Masters And Special O: The fee for these families will be \$100, due to the less frequent training schedule.

## **Compliance/Non-compliance**

- By registering athletes in PRCC sprint programs, families agree to comply with the policy.
- Noncompliance with the policy will result in the financial penalty being applied at the start of the following season.
- An athlete whose family repeatedly does not perform the required volunteer credits, without a valid and approved reason, may be refused registration the following season.

PRCC appreciates your cooperation.

I acknowledge that I have fully reviewed and understand the Volunteer Policy.