

ARGONAUT ROWING CLUB - Crew Captain Test

Name: _____ Date: _____

Coach/Program: _____

Dock

1. Which way should the boats point when launching (e.g., bow towards...)?
2. Which way should the boats point when landing?
3. Who has the dock priority - launching or landing crews?

Overall Traffic

4. Describe the overall traffic pattern at the course (e.g., down the middle, stay left, stay right, etc.) (if using left/right, give the answer from the point of view of the direction the boat is travelling).
5. List at least three course locations that require extra caution.
6. How far up the Humber River are the club eights allowed to go? What about the club fours and club doubles?

Turning and Passing

7. You should never pass if it isn't safe to do so. In a safe situation, who has the right of way, the slower crew being passed, or the faster crew doing the passing?
8. On which side of the boat being passed, should the passing occur? (if using left/right, give the answer from the point of view of the direction of the boat travel).
9. List at least two places where you would expect the majority of the crews to turn.

10. List a place where the crews should never turn (except in a case of a dire emergency).

Safety

11. Describe the items that need to be checked to assess the boat water readiness. Note: not the crew safety items (e.g., life vests, whistle, etc.), but the parts of the boat itself.

12. What is the approximate distance from Ontario Place to the club docks? In case of an emergency, how long would it take your crew (please specify a boat type) to get back to the docks?

13. What is the approximate distance from the mouth of the Humber River to the club docks? In case of an emergency, how long would it take your crew (please specify a boat type) to get back to the docks?

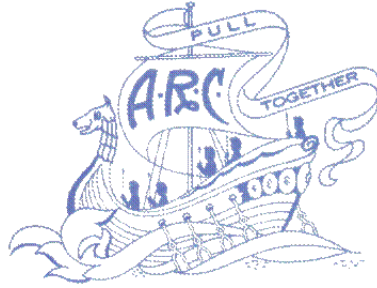
14. How much wake are the coach boats allowed to make east of the gap closest to the Ontario Place?

15. Sort these in the order of right of way: A) coxless rowing boat; B) sailboat under sail; C) boat under motor power.

Office Use Only

Checked By: _____

Result (Pass or Fail): _____



ARGONAUT ROWING CLUB

ACTIVITY WAIVER

Please print the following information:

Name: _____

Address: _____

Phone: _____ Email: _____

Activity: _____

Date: _____

Terms and conditions:

1. I agree to hold harmless and release the Argonaut Rowing Club ("ARC") from any injury, damage or loss **HOWEVER CAUSED** sustained by myself.
2. I agree to conduct myself in a manner consistent with the rules of conduct of the ARC and the applicable laws of the jurisdiction in which I am.
3. I agree to abide by the Club Code of Conduct, all rules, the By-laws and Policies of the ARC including the safety rules and guidelines of the ARC and of the Canadian Coast Guard. I agree that a violation of the safety rules and guidelines may result in the suspension or termination of my membership and privileges with the Argonaut Rowing Club.
4. I agree and acknowledge that I undertake any activity, including rowing, weight and fitness training entirely at my own risk, and that I am medically fit to undertake such activity.
5. I agree that the ARC is not responsible for any personal injury sustained by myself or any other person, or for the loss or damage to any property which I have brought to the premises including but not limited to single or double shells, whether caused by theft, during transportation or by any other cause, including negligence of the ARC or any of its members, coaches, servants, agents or contractors.
6. I agree to hold the ARC harmless for any personal injury sustained by myself or any other person while I am being transported in the ARC's truck, in a car or bus rented by the ARC for the purpose of traveling to and or from any Regatta or other event, either in Canada or in the United States of America.

I have read all of the above terms and conditions, and I understand them and agree to abide by them.

Signature: _____ Date _____