

# Nelson Rowing Club Rules - Juniors Rowing

1. Junior rowers and their parent/guardian act with respect towards each other, NRC coaches and volunteers, all those who share use of the NRC facility and dock, and all other water and park users.
2. All activities involving junior participants must be supervised by a certified NCCP coach and at least one other screened individual.
3. Parent/guardian consent is required for participation in activities outside of regularly scheduled class times i.e. regattas; club social events, etc.
4. Any communication between a junior rower and the coach outside of class time must include the parent/guardian.
5. If a participant is unable to attend a scheduled session, a parent/guardian must let the coach know before the session starts.
6. All on-water rowing activities must be supported by a coach/safety boat.
7. Rowers must follow posted safety guidelines.
8. All participants must wear an approved personal flotation device (PFD) while on the water. Participants who are under 17yrs must wear a buoyant (paddle vest style) PFD. Participants who are over 17yrs may choose to wear an inflatable PFD.
9. The use of cell phones, ear-buds, head-phones, or other electronic devices that may distract from a participant's full attention are prohibited during scheduled program times.
10. Juniors may only use NRC equipment during a registered program, as directed by their coach, unless the Head Coach grants an exemption for special events or training.
11. Participants and/or their parent/guardian must pay for equipment repairs caused by negligence of the participant.
12. The Board will determine consequences for not following these Rules for Juniors Rowing.