

ARGONAUT ROWING CLUB

ARC Martha Coffey Frostbite Sprints Regatta SUNDAY, October 31, 2021 08:00 – 15:00

REGISTRATION DUE BY Tues October 26, 2021 on Regatta Central

Attention Youth, Novice and Recreational Rowers:

The ARC Martha Coffey Frostbite Sprints Regatta will be approx 500 meter races for youth, women's, men's and mixed crews of fours, quads and eights. New this year: doubles!

The races will take place on the Western Beaches Dragon Boat course in the West Toronto Beaches area at the Argonaut Rowing Club (please see detailed map of the race course).

REGISTRATION AND PAYMENT WILL BE ONLINE ON THE REGATTA CENTRAL WEBSITE

** PLEASE ENSURE ALL ATHLETES ARE REGISTERED WITH ROWING CANADA IN ADVANCE OF REGISTRATION on the Regatta Central Website **

There is an 80 athlete limit for the regatta. We will maintain a waiting list.

If you register for 2 events a FREE delicious LUNCH will also be served to you in our Henley Room

Guest lunch tickets will be available for \$15 adult/\$10 for children.

Fees:	Total	Breakdown of costs
Doubles	\$68	(=\$49.98 + tax + 2x(\$5.76/seat fee))

**COOL FREE
SWAG TOO!!!!**

Quads -	\$136	(= \$99.96 + tax + 4x(\$5.76/seat fee))
Coxed Fours	\$145	(= \$102.83 + tax + 5x(\$5.76/seat fee))
Eights -	\$280	(= \$201.91 + tax + 9x(\$5.76/seat fee))

****Please be advised that RCA & RowOntario charge mandatory seat fees at \$5.76 per seat (including coxies) which is included in the total quote above****

For further information please contact [Argonaut Rowing Club Events](mailto:events@argonautrowingclub.com)
(events@argonautrowingclub.com)

1. **COVID Policies and Procedures**

2. Eligibility and admission

- a. All participants (athletes, coaches, umpires and volunteers) must provide proof of full vaccination, to take part in or attend any aspect of an event at the Argonaut Rowing Club premises (Henley Room, docks, boat bays, or washroom facilities). The organizers are not equipped to allow participants with medical exemptions.
- b. All participants must complete, and present proof (show a green checkmark) of the standard COVID questionnaire on the day of the event using <https://covid-19.ontario.ca/screening/customer/>
- c. All participants' contact information will be recorded for contact tracing.
- d. Screened participants will be given a wristband for easier identification.
- e. Non-participating guests may be allowed on premises if the number of participants is smaller than the maximum number allowed. In those cases, those guests will be subject to the screening, evidence of being fully vaccinated and contact tracing and will get a different colour wristband.
- f. Additional viewing area for non-screened guests is available in Marilyn Bell Park just east of the club. Those guests are not subject to the screening requirements.

3. Sanitization:

- a. A hand wash station is available inside the front gates; hand sanitizer is

available at multiple places throughout the club. Please use it.

- b. Facilities will be sanitized before the event starts
- c. Boats will be washed before first use, between events, and upon returning the boats to the racks at the end of the event
 - i. Washing will be soap and water, on touch points of boats and oars
 - ii. Between events, boats and oars will be washed while in the water

4. Masks

- a. Face masks must be worn everywhere on the Argonaut Rowing Club premises -(inside and outside)
- b. Athletes are not required to wear face masks while rowing. Masks may be removed once their boat has launched but must be put on again before docking.
- c. Coxies must wear face masks and we recommend that they wear face shields.

5. Physical Distancing

- a. All attendees must follow the province of Ontario's physical distancing guidelines

6. Cox Boxes

- a. Coxies may provide their own cox boxes and head sets. Argonaut provided cox boxes and head sets will be sanitized before races, between coxies, and after the event is complete.

7. Participants' belongings:

- a. Cubbies are available on the dock to store participants' bags, etc.
- b. Athletes should not leave any belongings on the docks while they are rowing – shoes should be placed in the boat.
- c. Water bottles in the boat must be in a sealed Ziploc bag

8. Banquet Hall

- a. The capacity of the Henley Room event space is 80 people.
- b. Guests must remain seated while eating or drinking inside the venue or on the balcony

9. This event is subject to the regulations of the province of Ontario and the city of Toronto. These rules are subject to change between now and the day of the event

- a. Should the allowable capacity of the Henley Room decrease, the regatta

may be held outdoors only, with indoor access allowed only for washroom use

10. Enforcement

- a. Non-compliant offenders will be asked to leave the event.

11. Cancellation and Fees

- a. Cancellation by participant:
 - i. As for any event, cancellations prior to the registration deadline will be eligible for a full refund
 - ii. Cancellations after the registration deadline, regardless of participants' reason, will not be refunded.
 - iii. Waiting list athletes will be automatically entered in case of cancellations, in the order of entries submitted.
- b. Cancellation by Argonaut Rowing Club:
 - i. Should the organizers be required to cancel the event due to COVID regulations, all entry fees will be refunded in full.

12. In the event of an incident of COVID-19:

- a. Should someone at the event begin to show COVID-19 symptoms, or fall ill during the day, they will be asked to leave the event. Anyone who accompanied them will be asked to leave as well.
- b. If they need to wait for a ride, they can do so outside the front gate in the parking lot, waiting on the picnic tables.
- c. They will be provided with tissues and a water bottle, and a plastic bag in which to put used tissues.

13. Parking

- a. Parking is available in the municipal parking lot to the west of the club. It is free.

14. COVID-19 Officer: Milan Sreckovic - +1-416-836-2511

15. **Responsibility of the Organizers:**

The Organizing Committee for this regatta will:

1. Appoint a COVID Officer to manage the risks
2. Screen attendees for COVID-19 before giving them access to the venue

3. Maintain a list of attendees and their contact info for contact tracing.
4. Provide hand sanitizer and hand washing stations within the venue
5. Provide spare single-use face masks in case an attendee forgets or loses theirs
6. Provide spare Ziploc bags for personal items in case the participant forgets theirs
7. Provide water, soap, and sponges for cleaning the boats and oars; and sanitizer wipes for cleaning cox boxes and head sets
8. Provide volunteers to wash the boats between uses
9. Clean and sanitize the venue before and after the event.
10. Enforce the rules above

Site Plan:

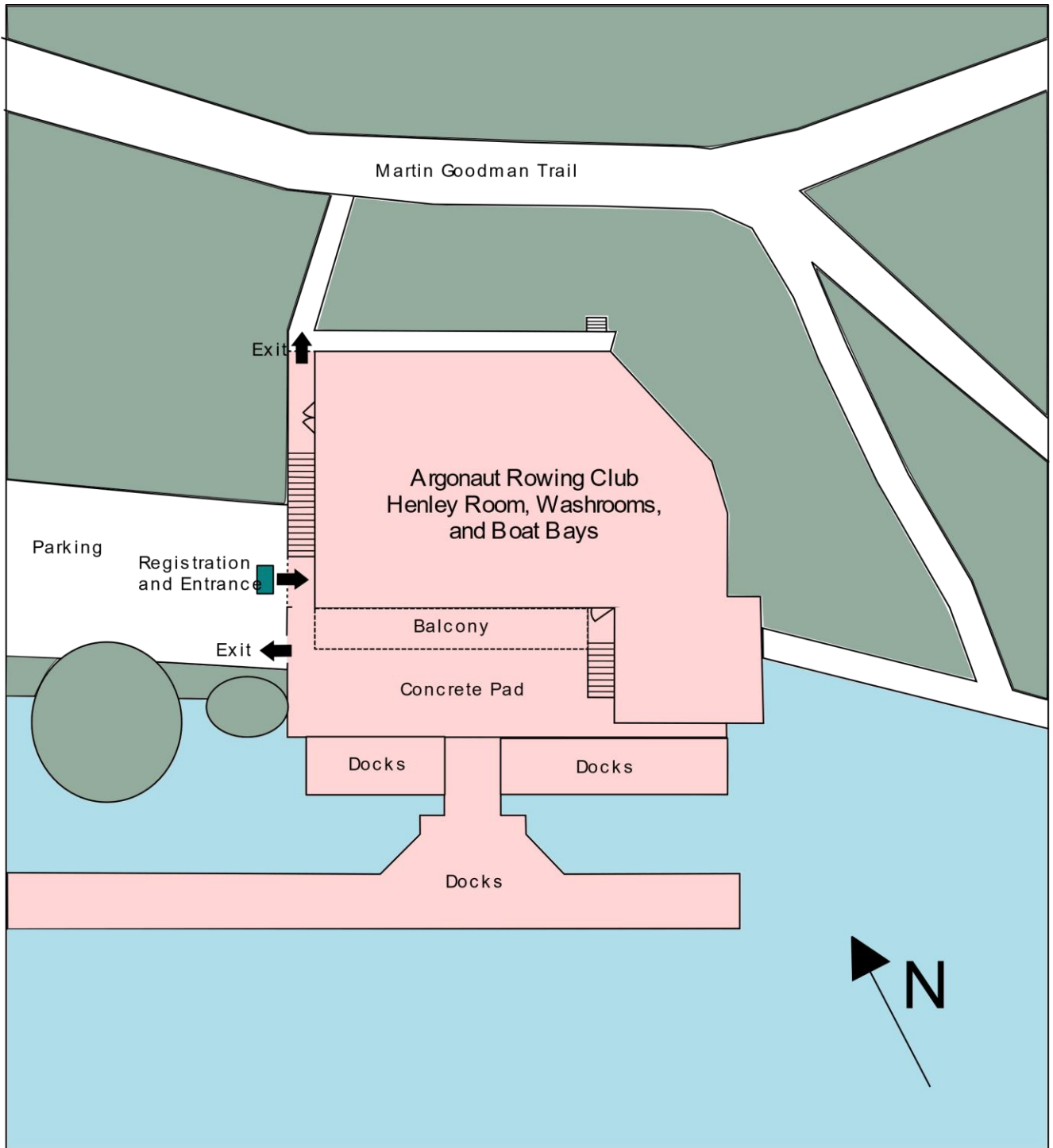


Table 1. Racing Categories

Approximate start times (to be confirmed once all entries received)	Event Number	List Of Events
8:00 AM	1	Novice Mixed Double
8:15 AM	2	Youth Mixed Double
8:30 AM	3	Recreation Women Cox Four
8:45 AM	4	Youth Women Double
9:00 AM	5	Recreation Men Cox Four
9:15 AM	6	Youth Men Double
9:30 AM	7	Novice Women Cox Four
9:45 AM	8	Recreation Women Double
		20 Minute break
10:05 AM	9	Youth Women Quad
10:20 AM	10	Recreation Men Double
10:35 AM	11	Novice Men Cox Four
10:50 AM	12	Recreation Mixed Double
11:05 AM	13	Youth Men Quad
11:20 AM	14	Novice Women Double
11:35 AM	15	Youth Women Cox Four
11:50 AM	16	Novice Men Double
12:05 PM	17	Youth Men Cox Four
		60 Minute Break & Lunch
1:05 PM	18	Recreation Women Quad
1:20 PM	19	Recreation Men Quad

1:35 PM	20	Youth Mixed Eight
1:50 PM	21	Novice Men Eight
2:05 PM	22	Novice Women Eight
2:20 PM	23	Recreation Men Eight
2:35 PM	24	Recreation Women Eight
		20 Minute break
2:55 PM	25	Youth Men Eight
3:10 PM	26	Youth Women Eight
3:25 PM	27	Novice Mixed Eight
2:40 PM	28	Recreation Mixed Eight
2:55 PM		FINALS (if necessary)

The DRAW WILL BE POSTED ON THE REGATTA CENTRAL WEBSITE on October 30th by noon
Note that Race Times WILL CHANGE based on entries received.

All 4+ and 8+ must provide their own coxies
The Argonaut Rowing Club will provide all boats

ARGONAUT ROWING CLUB

ARGONAUT ROWING CLUB ACTIVITY WAIVER

Please print the following information:

Name: _____

Address: _____

Cell #: _____ 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, volunteers, 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.
7. I am a current member of Rowing Canada Aviron or another National Rowing Federation (NRF) and here is my current membership number: _____ Name of NRF if not RCA:

8. I have completed the COVID-19 Self-Assessment within 24 hours of attending at the Club, and have provided the negative Self-Assessment result to the club official.

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

Signature: _____ Date: _____

Age: (if under 18 _____). If you are under 18 years of age, this application must be cosigned by a parent or legal guardian).

Guardian's name (please print): _____

Signature: _____ Date: _____

Regatta Day Events

- Coaches and Umpires Meeting at 7:40 a.m. on the dock
- First race starts at 8:00 a.m.
- Lunch will be served around 12:30 p.m. at the clubhouse banquet room (depending on registrations and whether some races are combined)

Boats & Racing

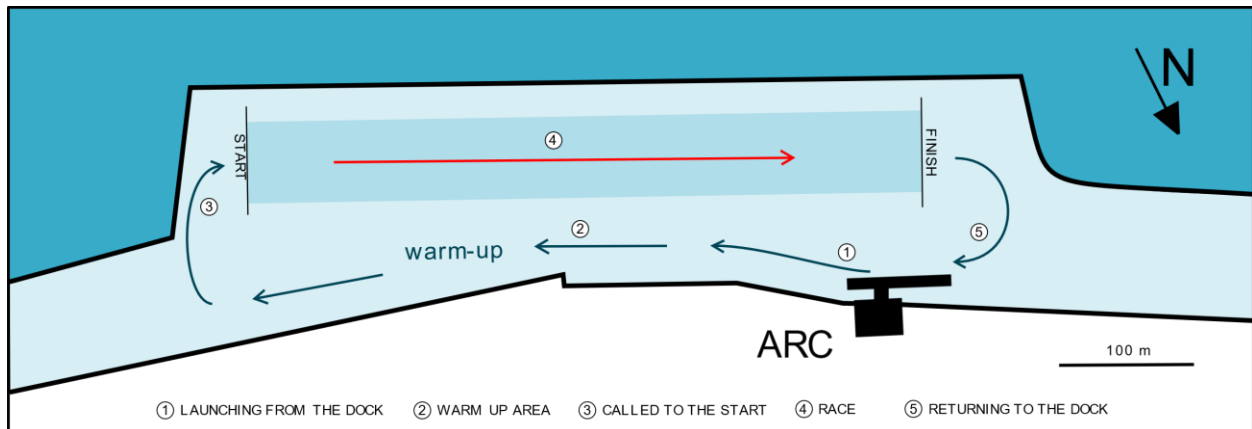
- **There is no need to bring boats, we will supply them all.**
- **Course:**
 - ~500 m on West Toronto Beaches area at the Argonaut Rowing Club
 - Up to 3 lanes of racing
 - Floating start
 - No technical installations, few buoys at the start and finish.
- Races are typically 15 min apart, depending on the total number of races.
- Medals will be awarded for first place only

Travel Info

Boathouse Address: 1225 Lake Shore Boulevard West Toronto, ON M6K 3C1

Website: www.argonautrowingclub.com

Email: events@argonautrowingclub.com

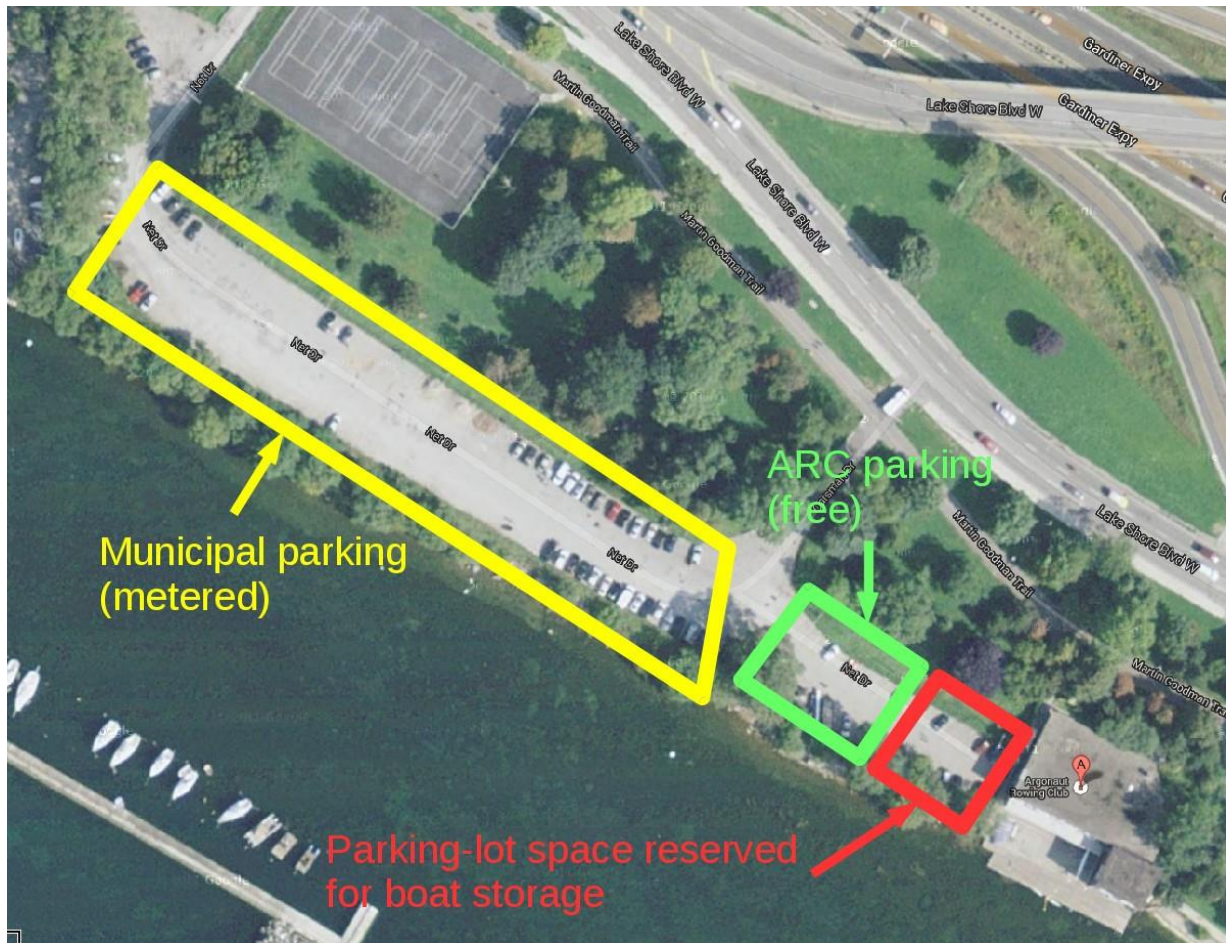


Please note the regatta is aimed at Recreational rowers (Novice and Rec. categories).

- Novice is defined as someone who has started rowing in 2020 or 2021
- Youths are U19 and have not competed in a competitive regatta in 2020 or 2021

Parking

You may park in our own parking lot or in the upper parking lot (Municipal Parking). At this time of year, parking is free in the Municipal Parking lot. Meters have been removed for the season. The location of the parking lot is in the Google earth picture below. There is some free parking in the ARC lot, as noted on the diagram below.



Rules of Racing

The RCA Rules of Racing will apply, with the following exceptions:

1. There are no weight categories (2.10); coxswains are not required to carry weight (2.5, 2.6)
2. The Rules about substitutions will not apply. (7.6, 7.7)
3. Draw will be posted the day before (7.2)
4. Age categories of rowers (2.3, 2.7) will not apply to anyone 19 years of age or over.
5. Progression system will be: winners of heats will progress to finals.
6. To the extent possible, all other Rules of Racing will apply.