



INFORMATION SHEET & REGISTRATION FORM –SCOUTING DAYS AT WRC PIRAT

Changes subject to the discretion of the coaches, weather, and circumstances.

Thank you so much for your interest in our Scouting-Days!

In this course, participants will learn the basics of rowing equipment and technique. The course consists of three two- to three-hour blocks. The exact times and dates can be found on the announcement sheets.

Apart from the main three course blocks, the participation fee also includes a **free one-month “trial period”**: all participants of the course are welcome to join all and any of the U15 training sessions we offer in the month following the Scouting Days. If the participant decides that rowing is the right sport for them, and they **officially join the club before the end of the trial period**, you get half of the course fee back as a 50€ reduction of the membership fee.

In general, all kids that are interested in rowing between the ages of 10 and 14 are welcome; although it is recommended that they are already taller than 140cm, otherwise they could be quite uncomfortable in the boats. If you have doubts or a child slightly outside the age range, please don't hesitate to ask us!

All participation requirements were decided on the grounds of safety considerations. They are listed below. In case your child might need extra support or care, please let us know for the safety of your child! We will do our best to accommodate all needs, but we have to plan beforehand! This includes allergies, physical disabilities, old or new injuries as well as chronic illnesses like asthma that might interfere with the safe practice of a group sport. It is a course based on intense physical activity in the outdoors and could pose a risk if the administration staff is not properly informed in advance.

If you have any concerns or questions about whether this course is a good fit, about the terms of the trial period or otherwise, please don't hesitate to contact us!

We look forward to hearing from you!

All the best, the WRC Pirat U15 coaching team



PARTICIPATION REQUIREMENTS AND IMPORTANT INFORMATION

Since Rowing is a water sport, all participants **have to be able to swim at a very good level**. This includes diving up to 2m deep and 10m far, as well as continuous swimming for 15 minutes in accordance with the requirements of the Austrian "Fahrtenschwimmer" badge.

The courses are held independently of the weather. The program itself might be adjusted because of wind, cold, rain, or the skill level of the participants at the discretion of the coaches.

Should the participants feel sick or come down with a cold at the day of the course, we strongly advise against participating. This is a sports event with a very physically and mentally demanding program, and participation at decreased fitness could pose a health risk. Should the participant be sick on the day of the course start, please acquire a doctor's note - we will do our best to find another date or possibility to join our junior rowing team. Should that not be possible, we will reimburse the course fee within 2 weeks.

By signing the registration form, the participants confirm that the course administration is informed about any chronic illnesses and health- or physical impairments that may be relevant to safe sports participation, or might require additional attention by our staff. In the event of insufficient information provided to the course administration, it is the responsibility of the coaches to decide on the first day of the course whether participation in the course is advisable and safe. The same applies in case participants obviously do not meet the participation requirements or do not bring proper equipment.

Furthermore, please note the following:

EQUIPMENT:

Every participant has to bring

- Water bottle made of metal or plastic (No glass bottles! These can damage the boats!)
- Small snack
- Tight-fitting sports clothing. Please always bring one set each for in- and outdoor training, and be prepared to be outdoors despite light rain or in cool conditions.
- Sports shoes
- Spare clothes – always! Rowing is a water sport, you might get wet.
- Sun protection – sun screen, cap, sunglasses

ROUGH COURSE SCHEDULE

- **Day 1:** Getting familiar with the group, introduction to the sport of rowing, boat house tour – parents are welcome to participate here for about the first half 20min of the course. introduction to basic technique on the rowing ergometer, brief 500m race, possibly first outing in the wide practice boat depending on the group's skill level and motivation
- **Day 2:** Group warm-up games, reminder of technique on the rowing ergometer, getting to know rowing equipment and learning how to take care of the boats. Basics of rowing technique in the wide practice boats and first longer outing
- **Day 3:** Warm-up games, recap of technique, repetition of the 500m erg race. Outing in the coxed wide practice boat, technique- and stroke rate drills depending on the group's skill level and motivation including a short race against the second course boat.
Parents are asked to come at 5:15pm. We will explain the day-to-day of the junior rowing group at WRC Pirat and how to join the club if the participants want to stick with rowing.

In case of questions please write us an email at jugendrudern@wrc-pirat.at

Or call Selma at +43680 1446519

Further information is provided on our website at wrc-pirat.at

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REGISTRATION FORM – SCOUTING DAYS WRC PIRAT

Course Date:

Date of the participant

Name:

Birthday:

Address (optional):.....

Contact data of parents or caretakers

Mobile:

E-mail:

The cost of the scouting Days is € 100,-. Please transmit the course fee to our account within 48h after the registration is confirmed by the course administrator:

Wiener Ruderclub PIRAT
IBAN: AT07 3225 0000 1196 5209

Should the participant decide to join our junior rowing group within a month after participating in the scouting course, half of the course fee will be deducted from the membership fee.

By signing this document I agree to the following:

- I informed the course administrator about all physical impairments, disabilities, health issues or special needs that they might need to know to ensure that the participant can enjoy the course, including intense physical activity, in a safe manner.
- The participant is able to swim at the aforementioned level (in correspondance to the Austrian Fahrtenschwimmer badge).
- I agree that any image and sound recordings taken during the course may be used for advertising purposes by WRC Pirat, unless otherwise revoked in writing.
- The participant as well as their caretakers have thoroughly read and accepted the information provided in the information sheet.

Please send us the printed, signed and scanned registration form. The place is guaranteed as soon as it is confirmed by the course administration.

In case the participant is somehow prevented from participating on short notice, you can cancel your participation up to one week before the start of the first course block. In case of sickness, please refer to the conditions stated in the information sheet above.

Date and signature of caretaker and participant:

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