

*We love to share the joy of rowing with you.*



**Try it Row Info Sheet**

### **How to sign up for it**

- Congratulations, If you read this, you have already found the ORC web page.
- Please sign up on the posted link for the chosen FREE Try it row event to secure your spot. Walk-ins are accepted, but sign ups have priority.
- Please arrive at least 20 minutes before your booked time to register and get oriented
- Parents are welcome to stay and watch!
- You will need to sign the following documents. Minors arriving without their parents/guardian please bring them signed with you in order to be allowed to row:
  - Registration form ? Try it waiver (to be found on web page)
  - Image Waiver (to be found on the web page)

### **What to bring to the boathouse** located at Tudhope Park between the baseball diamonds

- if you are a minor bring your parent or the signed forms along to be allowed in the boat
- water bottle
- sun Protection ( sunscreen, sun glasses, head covering)
- spare set of clothes and shoes
- wear comfortable clothes that let you move freely but are close to your body so that they do not get caught up in the oars
- bring rain gear and layers to dress for the weather and allow you to take off if you get warm rowing

### **What to expect arriving at the boathouse**

- Plenty of parking spots, unless an event is happening at Tudhope park (e.g. May 4th 2024 Charlee's run)
- Access to a bathroom in the park or at Barnfield Recreation Centre
- Registration table (attendance sheet, name tag, registration form, photo waiver)
- You can store your valuables safely at the boat house while going on the water.
- We will confirm that you can swim, and we will have a floatation device for you in the boat.
- We will orient you to the boathouse, teach you on a rowing machine the phases of the row stroke and how to handle the oars.

### **What to expect in the boat**

- We place you in a boat and make sure it's set up for you. If you come with your friends we will try to keep you in a boat together, max 3 try out rowers in a boat. Tip: sign up together.
- Experienced rowers will take you out in a touring boat that is stable and you might wear your shoes in the boat.
- Safety boats and coaches are on the water to help you learn and keep you safe.
- Great views of familiar park and Lake Couchiching if you have time to look for it.

### **After your rowing session**

- We answer your questions and have flyers, registrations forms for you to take home.
- We offer learn to row sessions in different formats (group weekend, youth weekdays, private) and summer camps. After them you can top up to a pay for a row card or a season membership. Details you can find in the registration form on the web page (e.g. dates, costs)