



Adelaide Rowing Club

Rowing Programme Terms & Conditions

Revision	0
Issue Date	13 January 2026
Contact	Committee, Programme Lead Coach, Child Safety Officer

These Terms & Conditions apply to all Participants enrolled in short-term rowing programmes delivered by the Adelaide Rowing Club (the “Club”), including:

- Come & Try days,
- Learn to Row or Intermediate programmes,
- Winter School programme,
- Corporate Rowing programme, or
- Any other short-term programme that the Club may run from time-to-time.

Eligibility, Application & Enrolment

1. **Eligibility:** All participants must:
 - Meet age-eligibility requirements for the respective programme (see table below),
 - Be medically and physically fit to participate, and,
 - Be capable of following safety instructions and physical activity guidance.
2. **Age Limitations:** Apply to provide effective & age-appropriate programme delivery and due to the physical strength, fitness and co-ordination needed to safely use, handle and manoeuvre rowing equipment.

Adult Learn to Row & Intermediate Programmes	Minimum age of 18 years.
Junior Learn to Row & Intermediate Programmes	Minimum age of 13 years & maximum age of 18 years. Maximum age limit does not apply to parents, guardians or family members (e.g. siblings) who are participating in the same programme together with their child or young relative.
Winter School Programme	Minimum age of 13 years & maximum age of 18 years.
All Other Programmes	As advertised by the Club.

3. **Swim Competency:** Participants *should* be able to swim 50m unaided in light clothing and tread water for 3 minutes.
 - Participants who are unable to meet the swim competency will be required to wear a Club-supplied Personal Flotation Device (PFD) while undertaking on-water activities. For further details, please refer to the [RowingSA Safety & Training Policy](#).
4. **Applications:** Applications for enrolment into a programme will be assessed and processed once the following items have been completed:
 - Completion of application form, including medical declaration & acceptance of these Terms & Conditions
 - Payment of the programme fee in full.

5. **Confirmation of Enrolment:** Each application will be reviewed by the club before being confirmed in writing. A place in the programme will only be guaranteed once confirmed by the club. The Club may refuse or cancel an enrolment if:
- Eligibility requirements are not met, or,
 - Minimum enrolment numbers have not been reached, or,
 - The Club can not reasonably cater for individual needs of a participant (see Clause 10)

In such cases, the programme fee will be refunded in full.

Accessibility & Inclusion

6. **Inclusive Environment:** Adelaide Rowing Club is committed to creating an inclusive, respectful and welcoming environment that enables safe participation for all individuals, regardless of ability, background, or experience.
7. **Early Discussion:** Participants (or their guardians) are encouraged to discuss any concerns about ability to participate as early as possible. This allows the Club to work collaboratively to identify adjustments or support measures.
8. **Reasonable Adjustments:** Wherever possible, the Club will make reasonable adjustments to the Programme to allow safe and effective participation in the mainstream Programme. Where this is not possible, the Club will endeavour to find a solution that caters for special needs, provided it can be delivered safely and within available resources.
9. **Collaboration:** The Club will work with Participants, families, and relevant professionals to explore practical solutions, while maintaining safety standards and compliance with Club policies.
10. **Limitations:** While every effort will be made to accommodate individual needs, adjustments may be limited by safety, resources, equipment constraints, and coach availability.
11. **Children & Young People:** Adelaide Rowing Club is committed to providing a safe environment for children and young people to enjoy rowing. Our commitment is upheld via our Child Safe Environment Policy, available on our website via [Our Policies | Adelaide Rowing Club](#).
- Participants will be allocated into age-appropriate crews at the discretion of the Lead Coach. Family members will be allocated into the same crews wherever possible.

Fees, Payment & Refunds

12. **Fees:** Programme fees are payable in full at the time of application. No payment plans are offered.
13. **Refunds:**
- Fees are fully refundable for cancellation by the participant up until when enrolment is confirmed by the Club.
 - Fees are not refundable for withdrawal by the participant (any reason) after enrolment is confirmed by the Club or if enrolment is terminated per Clause 44.
 - In case that a programme is unable to proceed as planned (either in part or in full), registration fees will be refunded based on number of unfulfilled sessions.
14. **Non-Attendance:** Participants are encouraged and expected to attend all scheduled sessions within the Programme.
- Rowing is the ultimate team sport and effective programme delivery relies on participant numbers to fill boats (i.e. whole crews). We do not 'over-book' programmes to cater for cancellations or non-attendance.
 - Participants should notify the Lead Coach at the earliest opportunity if they are unable to attend a session so that adjustments can be made to session plans to avoid disruption to other Participants.
 - Refunds and make-up sessions are not offered for non-attendance.

15. **Transfers/Substitutions:** Transfers to a later intake or substitutions are at the Club's discretion and are not guaranteed.
16. **Inclusions:** Programme fees include:
- Provision of rowing equipment, including boats and oars during scheduled sessions only.
 - Supervised access to the ARC Gym during scheduled sessions only.
 - Provision of rowing coaching and instruction during scheduled sessions only.
 - RowingSA registration for insurance coverage (suitable to nature of the Programme).
 - For Winter School Programme, participants will typically already hold a Junior registration through their School. Where this is not the case, a Social/Recreational registration will be provided.
 - For Learn to Row & Corporate Rowing programmes, a Learn to Row registration will be provided.
 - For Intermediate programmes, a Social/Recreational registration will be provided.
17. **Exclusions:** Participation in an ARC rowing programme does not constitute membership of the Club, and does not imply any ongoing rights, benefits or commitments on the Club outside of or beyond the term of the programme and its scheduled sessions.

Medical Declarations & Fitness to Participate

18. **Fitness:** By enrolling, Participants warrant they are medically and physically fit to participate.
19. **Disclosure:** Participants must complete a **medical declaration** truthfully and fully, including any conditions, injuries, medications, allergies, or other factors that may affect their safe participation. Participants must promptly notify the Club of any change in medical status prior to or during the Programme.
20. **Medical Clearance Requirement:** For specific conditions (cardiac, respiratory, musculoskeletal), the Club may request medical clearance from an independent medical practitioner. The Club may restrict or refuse participation if safety is a concern.
21. **Emergency Contact:** Provision of an emergency contact before first session is mandatory for all participants.

Privacy & Confidentiality

22. **Confidential Handling:** Medical and personal information collected from Participants will be handled confidentially and used only for legitimate Club purposes (e.g. risk management, insurance, safety, scheduling, communications). The Club will implement reasonable measures to protect such information against unauthorized access or disclosure.
23. **Disclosure:** Information may be shared with Rowing SA, insurers, emergency services, or medical personnel only as necessary for coverage, compliance, safety or in case of an emergency.
24. **Data Retention:** Records will be retained only as long as necessary for legal, compliance and insurance requirements.

Risk, Liability Limitation & Waiver

25. **Risk:** Rowing involves inherent risks (including capsizing, collision, exertion, exposure to weather, and use of equipment). By enrolling, Participants acknowledge and accept these risks and agree to follow all safety instructions.
26. **Waiver:** Participation is subject to the [Standardised Membership Waiver](#). By enrolling, Participants agree to the terms of that Waiver.

- 27. **Limitation:** To the maximum extent permitted by law, the Club, its officers, coaches, volunteers, and agents are not liable for any indirect, consequential, or special losses. The Club's total liability is limited in accordance with the Standardised membership waiver.
- 28. **Insurance:** Programme participation includes RowingSA registration, which provides Participants with insurance coverage under Rowing Australia's integrated national insurance programme. Coverage is subject to conditions, limits, and exclusions. For further details, please refer to [INSURANCE - Rowing South Australia](#).

Code of Conduct & Club Policies

- 29. **Conduct:** Participants must uphold respectful behaviour, good sportsmanship, and a safe training environment at all times.
- 30. **Policies:** Participants must comply with all applicable Adelaide Rowing Club, Rowing SA and Rowing Australia policies, including the [Rowing Australia National Integrity Framework](#). For further details, please refer to [Our Policies | Adelaide Rowing Club](#).
- 31. **Directions:** Participants must follow directions from the Lead Coach, Coaches and designated Club officials at all times while participating in the Programme.
- 32. **Breaches:** The Club may issue warnings, suspend participation, or terminate enrolment (without refund) for serious or persistent breaches.

Program Delivery, Scheduling & Weather

- 33. **Scheduling:** The Club will publish session schedules and endeavour to deliver the Programme as advertised. Participants should be at the venue and ready to commence activities prior to the scheduled start time of each session. Late arrival is disruptive to other participants.
- 34. **Weather / Lake Closure:** If an on-water session cannot proceed due to poor/unsafe weather (at the discretion of the Lead Coach), lake closure or any other reason beyond the Club's control, sessions will revert to an indoor/off-water session wherever possible. Where an off-water session is not possible, alternative arrangements will be made in consultation with affected Participants.
- 35. **Operational Changes:** The Club may modify session times, locations, or content for safety or operational reasons. Reasonable notice will be provided wherever practicable.

Safety, Equipment & Facilities

- 36. **Safety Rules:** Participants must wear appropriate attire, follow instructions of Coaches, use buoyancy aids when instructed, and comply with safety rules.
- 37. **Capsize Training:** All participants will be instructed in what to do in the case of a capsize as part of the first session of the Programme.
- 38. **Equipment Care:** Participants must treat boats, oars, ergometers, and other Club equipment with due care and report damage immediately. Costs arising from negligent or intentional damage may be recoverable from the Participant.
- 39. **Alcohol & Drugs:** No participation under the influence of alcohol or illegal drugs. Use of prescription medication must be disclosed where it has potential to affect safety.
- 40. **Emergencies:** Participants must report incidents, near misses, and injuries promptly. The Lead Coach may direct cessation of activities at any time for safety reasons.

Photography, Media & Communications

41. **Consent:** The Club may capture photographs and videos during training sessions, events, and other club activities for purposes including coaching, safety, and club promotion. Images or recordings that include identifiable features (such as faces) will not be used for promotional or public purposes without the prior consent of the individuals involved.
42. **Social Media:** Participants must adhere to the Club's social media policy and respect privacy of other Participants.

Withdrawal & Termination

43. **Withdrawal By Participant:** Participants may withdraw from a Programme at any time.
44. **Termination By Club:** The Club may terminate a Participant's enrolment at any time for safety, policy breaches, or misconduct.

Feedback & Complaints

45. **Process:** Issues and concerns should be raised promptly, directly and privately with the Lead Coach or via the Club's designated contact for the programme.
46. **Resolution:** The Club will consider concerns & complaints in good faith and seek timely resolution, consistent with Club policies.
47. **Escalation:** Where a Participant is not comfortable raising concerns with Lead Coach or designated contact, or that they feel the proposed resolution is not satisfactory, then they should contact a Committee Member or Member Protection Information Officer, depending on the nature of the issue.

Acceptance

48. By enrolling in and paying the Programme fees, the Participant confirms that they have read, understood, and agree to be bound by these Terms & Conditions, the Standardised Membership Waiver, and all applicable Club policies.
49. These Terms & Conditions will be reviewed periodically and updated at the discretion of the Adelaide Rowing Club Committee.

Document Control

Revision	Effective Date	Summary of Changes Made
0	13 January 2026	Initial issue.