

# Lake Washington Rowing Club

## 2018 Junior Rowing Program Participant Information Form



Participant Information (all fields must be filled out)

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Last Name First Name Today's Date

\_\_\_\_\_  
Mailing Address Birthdate

\_\_\_\_\_  
City, State, Zip Code

\_\_\_\_\_, \_\_\_\_\_  
Preferred Phone Number Second Phone Number

\_\_\_\_\_  
Email

\_\_\_\_\_, \_\_\_\_\_  
Emergency Contact Name #1 Emergency Contact #1 Phone

\_\_\_\_\_, \_\_\_\_\_  
Emergency Contact Name #2 Emergency Contact #2 Phone

Previous Rowing Experience? Where/how long? \_\_\_\_\_

Current Grade Level \_\_\_\_\_

Is there any additional information about the participant that we should know? \_\_\_\_\_

\_\_\_\_\_

## **ROWING RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT**

IN CONSIDERATION of being given the opportunity to participate in any Lake Washington Rowing Club ("LWRC") activities ("Activity") I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.
2. FULLY UNDERSTAND that: (a) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasees named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSS, COSTS, AND DAMAGES I incur as a result in my participation in the Activity.
3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of LWRC and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue USROWING, LWRC, their administrators, directors, agents, officers, members, volunteers and employees, other participants, regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, HOLD HARMLESS AND DEFEND each of the Releasees from any litigation expenses, attorneys fees, loss, liability or damage, or cost which any Releasee may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed name of Participant: \_\_\_\_\_ Phone \_\_\_\_\_  
First Name, Middle Initial, Last Name Area Code and Number

Address: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Street name and number City/Town State Zip (9 digit)

Date: \_\_\_\_\_ Participant's Signature \_\_\_\_\_  
(if age 18 or older) I have read this Release

Parental Consent:

I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such Activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on either my account or on the account of the minor caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS AND DEFEND each of the Releasees from any litigation expenses, attorneys fees, loss liability, damage, or cost any Releasee may incur as a result of any such claim.

Printed name of Parent/Guardian: \_\_\_\_\_ Phone \_\_\_\_\_  
First Name, Middle Initial, Last Name Area Code and Number

Address: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Street name and number City/Town State Zip (9 digit)

Date: \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_  
(only if Participant is under the age of 18) I have read this Release

# LWRC FLOAT TEST FORM

In deep water, while wearing long pants and a long sleeve shirt (light workout/rowing attire), you must tread water or swim in place for ten minutes. In the final minute of the test, you must put on a life vest while continuing to tread water.

## Seattle Pool Options:

Ballard – 1471 NW 67 <sup>th</sup>	206-684-4094
Evans (Green Lake) – 7201 E. Green Lake Dr.	206-684-4961
Helene Madison – 13401 Meridian N.	206-684-4979
Meadow Brook – 10515 35 <sup>th</sup> NE	206-684-4989
Medger Evars – 500 23 <sup>rd</sup> E.	206-684-4766
Queen Anne – 1920 1 <sup>st</sup> W.	206-386-4282
Ranier Beach – 8825 Rainier S.	206-386-1944
Southwest – 2801 SW Thistle	206-684-7440

Health clubs and YMCA's are also options.

### You are exempt from taking the float test:

- If you are a CURRENT Lifeguard or Water Safety Instructor (WSI), submit a copy of your card.
- If you have a current Scuba Certification Card or equivalent.
- If you have a swim test on file with another club, you may submit a copy of that test.

Name \_\_\_\_\_

The above named individual has successfully passed a float test as required for the participation and/or membership of Lake Washington Rowing Club's activities.

Pool \_\_\_\_\_

Date \_\_\_\_\_

Certified Lifeguard \_\_\_\_\_



### Permission to Use Photographs

I grant to Lake Washington Rowing Club (LWRC), its representatives and employees the right to take photographs and/or videos of my child. I authorize LWRC, its assigns and transferees to copyright, use, and publish images (check one):

- In print only
- In all forms: print, video, and on the club website.
- No images of my child.

If indicated above, I agree that the club may use such photographs with or without my name and for any lawful purpose, including such purposes as publicity, illustration, and advertising. I have read and understand the above.

Signature:	
Printed Name:	Date:
Signature of Parent or Guardian, if participant is under age 18:	



## Medical Release Form

As the legal guardian of \_\_\_\_\_ (participant's name), I authorize the staff of Lake Washington Rowing Club to act on my behalf in approving any medical, dental, or surgical examinations or operations and treatment or all other related care, including the administration of drugs, tests, anesthesia, and/or blood transfusions to the above named minor person that may be ordered by a physician or dentist in attendance at the medical center deemed necessary for emergency treatment during planned events or team travel. I hereby consent to the release of medical reports to any doctor or agency and consent to the admission of above named minor person to the hospital.

I understand that Lake Washington Rowing Club and their officers, employees, and volunteers assume no financial obligation or liability in the case of my child's accident or illness. If I, or anyone on my or my child's behalf makes a claim against Lake Washington Rowing Club, I agree to indemnify and save and hold them harmless from any litigation expenses, attorney's fees, loss, liability, damage or costs they may incur due to the claim made against any of them, whether the claim is based on their negligence or otherwise. I sign this , hereby giving permission for emergency treatment for my child and assume financial responsibility of such treatment.

In consideration of my child participating in this sport, including practices, regattas, and long-distance travel to the events, I hereby waive, release and forever discharge any and all rights and claims for damages against Lake Washington Rowing Club and any staff members or their representatives for any damages sustained or suffered by this child in connection with his or her travel or program participation, except in cases of gross negligence.

Printed Name:	
Address:	
Phone Number:	Date:
Signature of Parent or Guardian, if participant is under age 18:	
Primary Care Physician:	Phone Number:
Insurance Provider:	Group Number:



# USRowing Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/16 – 12/31/17, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death (“Risks”); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Release named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

**Printed Name of Participant:**

\_\_\_\_\_

**USRowing # \_\_\_\_\_ Date of Birth: \_\_\_\_\_**

**Address: \_\_\_\_\_**

**City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_**

**Phone: \_\_\_\_\_ Date: \_\_\_\_\_**

**Participant’s Signature:**

\_\_\_\_\_

**Organization:**

\_\_\_\_\_

## PARENTAL CONSENT

**(If participant is under the age of 18)**

AND I, the minor’s parent and/or legal guardian, understand the nature of rowing activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

**Printed Name of Parent/Guardian:**

\_\_\_\_\_

**Address: \_\_\_\_\_**

**City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_**

**Phone: \_\_\_\_\_ Date: \_\_\_\_\_**

**Parent/Guardian Signature (only if participant is under the age of 18):**

\_\_\_\_\_

This is THE USRowing Release of Liability, which should be copied for your use.



Lake Washington Rowing Club

## Juniors Program Code of Conduct

Athletes agree to:

- Be a team member, treating my coaches, teammates, and competitors with respect.
- Be familiar with LWRC safety rules.
- Arrive to practice prepared and on time.
- Give my best effort at all times.

In addition, athletes will...

1. Participate in all practices. If they cannot attend a practice, it is their responsibility to advise the coach.
2. Refrain from taking part in behavior that negatively affects the team.
3. Not engage in the use of alcohol, tobacco, or illegal drugs, or be in the possession of weapons. LWRC has zero tolerance for drinking, illegal drug use, and smoking.
4. Treat boathouse equipment with care and respect.
5. Not be in the boathouse without the supervision of a coach or authorized adult.
6. Understand that any individual's failure to abide by these rules can jeopardize the entire group's success.

I have read and agree to abide by the guidelines above. I understand that violations of the LWRC Juniors Code of Conduct can lead to disciplinary action, up to and including cancellation of my membership without refund and exclusion from participation in club activities in the future.

Rower's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Rower's Signature: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_