



www.UPROWING.com

2016 INTRO LEARN TO ROW CLASSES:

JUNE 11

JUNE 18

Member Name (*please print*) _____

Upper Peninsula Community Rowing Club Checklist

PLEASE NOTE: Everything listed below must be completed and turned in before any member is allowed on the water (no exceptions).

Instructor's
Initials

- _____ Membership Form
- _____ Liability Waiver Signed
- _____ Swim Test (Lifeguard signature on form)
- _____ Lift / Carry Test
- _____ Erg Instruction (rowing machines)
- _____ Policies Reviewed
- _____ **Safety Video** — I have watched the safety video. I had the opportunity to ask questions. Questions were answered satisfactorily.
- _____ Dues Paid

Upper Peninsula Community Rowing Club Membership Application

(Please Print)

NAME _____ MALE FEMALE (circle one)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ DOB _____ / _____ / _____

PHONE: HOME _____ WORK _____ CELL _____

EMERGENCY CONTACT:

NAME _____ PHONE _____

REQUIREMENTS: Rowers must view safety video, pass swim test, and pass lift/carry test annually.

ROWING EXPERIENCE (check one):

____ NONE ____ HIGH SCHOOL/COLLEGE ____ LEARN TO ROW CLASS ____ PRIOR CLUB MEMBER

MEMBERSHIP CATEGORY (check one):

____ ADULT LEARN TO ROW CLASS (single) \$170 includes first year membership and free T shirt
____ ADULT LEARN TO ROW CLASS (2 Adults) \$300 includes first year membership and 2 free T shirts
____ ADULT ROWER (Prior rowing experience) \$170 includes free T shirt
____ ADULT COUPLE (Prior rowing experience) \$300 includes 2 free T shirts
____ YOUTH (High School-age) \$100 includes free T shirt
____ COLLEGE STUDENT ROWER \$50 (must have prior rowing experience)
____ COXSWAIN (We will train) FREE includes free T shirt
____ WINTER ERG (January-May) \$75 optional T shirt add \$15
____ SOCIAL (Non rower) \$50 optional T shirt add \$15
____ GUEST ROWER Welcome! (must have prior rowing experience)

The UPCRC maintains a scholarship program for qualified individuals. See below for contact information.

INDICATE T-SHIRT GENDER & SIZE (check one): ____ MENS ____ WOMANS

____ XS ____ SM ____ MED ____ L ____ XL (Or) ____ No T shirt

SELECT INTRODUCTORY LEARN TO ROW CLASS (check one):

____ Sat. June 11, 9:00AM-1:00PM (Or) ____ Sat. June 18, 9:00AM-1:00PM

SELECT ONGOING LEARN TO ROW CLASS (check one):

____ Mon./Wed. evenings 5:30-7:00PM (Or) ____ Tues./Thurs. mornings 8:00-9:30AM

TAX DEDUCTIBLE CONTRIBUTIONS WELCOME: UPCRC is a 501(c)(3) non profit organization. We invite you to make a tax deductible contribution towards our boathouse fund (in addition to your membership fees). AMT \$ _____

QUESTIONS? www.UPRowing.com or Contact GAIL BRAYDEN: gbrayden@charter.net or 906-361-7234



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 12/31/15 – 12/31/16, 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.

Upper Peninsula Community Rowing Club Photo Release Form

Participant's Name: _____

For marketing purposes via media channels, the Upper Peninsula Community Rowing Club (UPCRC) will from time to time film or take photos. If at any time you wish to not partake in being photographed or filmed please let us know.

I hereby authorize the UPCRC to publish the photographs taken of me, and my name, for use in the UPCRC's printed publications, website, and social media.

I acknowledge that since my participation is voluntary, I will receive no financial compensation.

I further agree that my participation in any printed or digital image produced by the UPCRC confers upon me no rights of ownership whatsoever. I release UPCRC, its volunteers, its contractors and its employees from liability for any claims by me or any third party in connection with my participation.

Signature: _____ Date: _____

Upper Peninsula Community Rowing Club Swim Test

**** REMEMBER TO BRING A CHANGE OF CLOTHING AND A TOWEL! ****

Wearing a t-shirt and shorts, complete the following in order:

1. Tread water or stay afloat for 5 minutes
2. Put on PFD while treading water
3. Remove PFD and swim 50 yards any stroke without touching bottom or using any other support

Swim test certification:

(to be completed by the on-duty certified lifeguard or water safety instructor)

I certify that _____
(please print swimmer's name)

passed the swim test described above on _____
(date)

at the _____ pool.
(location i.e. PEIF, YMCA, or MSHS)

I am a certified lifeguard or water safety instructor.

Lifeguard (WSI) name *(please print)* _____

Certification expires: _____

Lifeguard (WSI) signature _____

Swimmer's signature _____

Upper Peninsula Community Rowing Club

Rower's Wardrobe

IT AIN'T JUST STYLIN'

Let's face it: Rowers like to look good, but their attire is not just a fashion statement. It's really about function and safety. To avoid hypothermia we wear synthetic materials (which wick moisture away from the skin during exercise) and wool or polar fleece (which are warm even when wet).

Cotton is not a good choice! We leave cotton on the beach because wet cotton (particularly heavyweight sweats) will rob you of your body heat faster than if you are buck naked (yikes!).

Rowers wear lycra/spandex shorts or pants, which are form fitting so that they don't snag in the wheels under the seat. This attire also allows for unrestricted range of motion, which is important.

Long shirt-tails, baggie shorts, cut-offs, and jeans are considered only après row apparel.

Here's a rower's wardrobe checklist (the first two items are very important):

- PFD (a 'personal flotation device' is mandatory)
- Compression shorts or bike shorts
- Synthetic tee shirt or tank top
- Acrylic, wool, or neoprene socks
- Synthetic long-sleeve tee shirt
- Fleece jacket or vest
- Breathable wind/rain jacket
- Synthetic knit athletic pants, tights, or form-fitting nylon windpants
- Baseball cap (with alligator clip tether), headband or ski hat
- Sunglasses (with croakie)
- Water shoes
- Water bottle
- Sunscreen
- ✓ Always leave a duffel bag containing warm dry clothes in your car or non-motorized vehicle.
- ✓ Apply sunscreen at home and wash your hands prior to rowing so the oar handles don't get sticky.
- ✓ Please leave rings—yes, even your wedding bands—at home so they don't damage the oar handles or your hands.

Upper Peninsula Community Rowing Club

Learn to Row Late Registration

IF YOU MISSED THE INFORMATIONAL MEETING ON JUNE 7 AND THE ORIENTATION DAY ON JUNE 8, 2016, USE THE FOLLOWING INSTRUCTIONS IN ORDER TO REGISTER FOR LEARN TO ROW CLASSES AND UPCRC MEMBERSHIP

Visit www.UPRowing.com. Download and print the Membership Packet (Checklist, Membership Application, Swim Test form, Release Waiver, Photo Release, Rower's Wardrobe, and Learn to Row Late Registration).

PAPERWORK:

Paperwork and checks must be received no later than **June 10, 2016** in order to 1). secure your place in the learn to row class and 2). allow us to make preparations for boats, coaches and assistants.

The following must be completed before any rower gets on the water. No exceptions:

- ⤴ Completed Checklist
- ⤴ Completed Membership Application
- ⤴ Completed Swim Test
- ⤴ Erg Instruction (rowing machines)*
- ⤴ Completed Lift/Carry Test*
- ⤴ Safety Video Viewed**
- ⤴ Make out a check to UPCRC for \$170 (singles) \$300 (couples)
- ⤴ Mail the above forms and check to:
Gail Brayden
3114 Island Beach Rd.
Marquette, MI 49855

SWIM TEST:

Take the swim test form to either the PEIF, YMCA, or Marquette Senior High School pool and have a certified lifeguard supervise the test and complete the included Swim Test form.

- ⤴ Wear a T shirt and shorts (no bathing suits)
- ⤴ Complete and sign your portion of the form

***LIFT/CARRY TEST & Erg Instruction:**

Contact Deb Jean (djrowsmqt@hotmail.com) or Sue Lakanen (slakanen@hotmail.com) to schedule. Tests will be held at the UPCRC clubhouse under the observation deck at Founders Landing.

- ⤴ Lift/Carry Test involves lifting 30-35 pounds overhead

****SAFETY VIDEO:**

The video can be viewed on YouTube: https://youtu.be/Rx5SUE_RdgQ

- ⤴ Watch the safety video (up to the 27:20 mark, the rest is optional).
- ⤴ Sign the attestation on page 1 of this packet.
- ⤴ Verbal quiz may be administered.

QUESTIONS? Don't hesitate to ask!

www.UPRowing.com or contact Gail at gbrayden@charter.net 906-361-7234