

Upper Peninsula Community Rowing Club Youth Rowing Program

Informational Meeting Agenda: June 7, 2017 – 5:30–7pm
Peter White Public Library – Community Room

1. Introductions
2. What is UPCRC – History
3. Why Youth Rowing?
4. What is Rowing – how is it different than Sculling?
 - A. Describe shell & oars
 - B. Sweep rowing
5. What will participant learn?
 - A. 9 lessons over 2 weeks
 - B. Team work
 - C. Carrying and launching a shell
 - D. Rowing techniques
6. Requirements
 - A. Swim Test
 - B. Sports physical
 - C. PFD (personal flotation device)
 - D. Tight-fitting shorts

Please note: Zero tolerance for discipline issues. Need for parental volunteers.

Handouts:

- Flyer with schedule
- Registration Form
- Swim Test form
- Liability release
- Photo release

Notes:

Welcome: **Youth who have completed grade 8 (high-school-age)**

Cost: **\$120**

Next step: **Dry-Land Training & Swim Test at MSHS Pool
June 8th, 6:00pm**

Rowing Begins: **June 20st (Tuesday)**

Rowing Times: **Tuesday & Thursday, 6–7:30 pm AND
Saturday 10–11:30 am**

Location: **UPCRC Clubhouse. 655 S. Lakeshore Blvd., Marquette
(along the Founders Landing bike path).**

Upper Peninsula Community Rowing Club Youth Rowing Program 2017 Registration Form

Please complete this registration form.
Make check or money order payable to U.P.C.R.C.

Name _____

Parents _____

Address _____

City _____ State _____ Zip _____

Phone _____ T-shirt Size _____

eMail _____

Date of Birth _____ Gender M ____ F ____

Authorization: I consider the U.P.C.R.C. Youth Rowing Program registrant above to be in good health and permission is granted to participate in all program activities, unless otherwise indicated on this form. In case of illness and/or injury, permission is granted for medical treatment to be rendered to my son/daughter. I understand that I will be notified in case of serious illness. All medical bills incurred by my son/daughter will be my responsibility.

Parent/Guardian Name _____

Parent Signature _____

eMail _____

Work Phone _____

Emergency Phone (cell) _____

Health Insurance Carrier/Policy No. _____

Restricted Activities _____

Known Drug Allergies _____

General Comments _____

Upper Peninsula Community Rowing Club Swim Test

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 Photo Release Form for Minor Children

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 take part in being photographed or filmed please let us know.

I hereby authorize the Upper Peninsula Community Rowing Club (hereinafter "UPCRC") to publish the photographs taken of the me and/or the undersigned minor children, and our names, for use in the UPCRC's printed publications and website(s).

I release UPCRC from any expectation of confidentiality for the undersigned minor children and myself and attest that I am the parent or legal guardian of the children listed below and that I have the authority to authorize the UPCRC to use their photographs and names.

I acknowledge that since participation in the UPCRC is voluntary, neither the minor children nor I will receive financial compensation.

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

Signature: _____ Date: _____

Street Address: _____

City, State, Zip: _____

Names and Ages of Minor Children:

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____



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.