

# U.P. Rowing Youth Rowing Program

**Informational Meeting Agenda:** May 28, 2019 5:30–7pm

Peter White Public Library

**Next:** Dry-Land Training & Swim Test at MSHS Pool 6:00 pm June 3

**Rowing Begins:** Monday June 17<sup>th</sup>

**Times:** Monday & Wednesday, 7–8:30 pm

**Open to:** youth, under the age of 18, who have completed 8<sup>th</sup> grade

**Cost:** \$120

1. Introductions
2. What is UPCRC – History
3. Why Youth Rowing?
4. What is Rowing – how is Sweep Rowing different than Sculling?
  - A. Describe shell & oars
  - B. Sweep rowing
5. What will participant learn?
  - A. 2 weeks of Learn to Row training
  - B. Team work
  - C. Carrying and launching a shell
  - D. Rowing techniques
6. Requirements
  - A. Swim Test
  - B. Sports Physical
  - C. PFD (Personal Floatation Device)
  - D. Tight fitting shorts
  - E. Zero tolerance for discipline issues
  - F. Need for parental volunteers
  - G. Blue or FI Green Shirts
7. Safety – Weather Dependent
  - A. No white caps
  - B. No fog
  - C. No lightning or heavy rain
8. Location – 655 S. Lakeshore Blvd
  - A. Clubhouse – Erg Training and Equipment
  - B. South of Hampton Inn – Boats & Launching
  - C. Rowing times – BE PUNCTUAL

Handout

- Registration Packet



2019 YOUTH ROW CLASSES START JUNE 17th:  
MONDAY & WEDNESDAY 7:00 – 8:30pm

Member Name (please print) \_\_\_\_\_

## U.P. Rowing YOUTH 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

\_\_\_\_\_

Registration Form

\_\_\_\_\_

Swim Test (Lifeguard signature on form)

\_\_\_\_\_

Liability Waiver Signed

\_\_\_\_\_

Photo Release Form Signed

\_\_\_\_\_

Lift / Carry Test

\_\_\_\_\_

Erg Instruction (rowing machines)

\_\_\_\_\_

**Policies and Practices** — I have read the *U.P. Rowing Safety Policy and Practices*. I had the opportunity to ask questions and my questions were answered satisfactorily.

*Adult signature* X \_\_\_\_\_

\_\_\_\_\_

**Safety Video Viewed** — I have watched the safety video. I had the opportunity to ask questions. Questions were answered satisfactorily. *Adult signature* X \_\_\_\_\_

\_\_\_\_\_

U.S. Rowing Waiver Signed (Online)

\_\_\_\_\_

Sports Physical

\_\_\_\_\_

Dues Paid

# U.P. Rowing Youth Rowing Program 2019 Registration Form

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

Name \_\_\_\_\_

Parents \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ T-shirt Size \_\_\_\_\_

eMail \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender M \_\_\_\_\_ F \_\_\_\_\_

Authorization: I consider the U.P. Rowing 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 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TAX DEDUCTIBLE CONTRIBUTIONS WELCOME: U.P. ROWING is a 501(c)(3) nonprofit organization. We invite you to make a tax-deductible contribution (in addition to your membership fees).

AMT \$ \_\_\_\_\_

# U.P. Rowing 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 \_\_\_\_\_

\_\_\_\_\_



# 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 12/31/18 – 12/31/19, 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.

# U.P. Rowing

## Photo Release Form for Minor Children

For marketing purposes via media channels, U.P. Rowing 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 U.P. Rowing to publish the photographs taken of the me and/or the undersigned minor children, and our names, for use in U.P. Rowing's printed publications and website(s).

I release U.P. Rowing 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 U.P. Rowing to use their photographs and names.

I acknowledge that since participation in U.P. Rowing 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 U.P. Rowing confers no rights of ownership whatsoever. I release U.P. Rowing, 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: \_\_\_\_\_

# U.P. Rowing

## 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 wind pants
- 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 at home so they don't damage the oar handles or your hands