



2020 INTRO LEARN TO ROW CLASSES:

JUNE 6

JUNE 13

www.UPRowing.com

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

## U.P. Rowing 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/Photo Release Form Completed

\_\_\_\_\_ Liability Waiver Signed

\_\_\_\_\_ Swim Test (Lifeguard signature on form)

\_\_\_\_\_ Lift / Carry Test

\_\_\_\_\_ Erg Instruction (rowing machines)

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

\_\_\_\_\_ Dues Paid      Cash \_\_\_\_\_      Check # \_\_\_\_\_

# U.P. Rowing Membership Form

(Please Print)

NAME \_\_\_\_\_ MALE FEMALE (circle one)

ADDRESS \_\_\_\_\_ CELL PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ DOB \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

EMERGENCY CONTACT NAME \_\_\_\_\_ CELL PHONE \_\_\_\_\_

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

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## MEMBERSHIP CATEGORY (check one):

ADULT LEARN TO ROW CLASS \$200 (includes first year membership and free T-shirt)

ADULT ROWER \$200 (prior rowing experience)

COLLEGE STUDENT ROWER \$60 (must have prior rowing experience)

ERG ONLY \$100 (no on-water rowing)

SOCIAL \$50 (Non-rower)

GUEST ROWER Welcome! (resides out of town, must have prior rowing experience)

*U.P. ROWING maintains a scholarship program for qualified individuals. See below for contact information.*

*TAX DEDUCTIBLE CONTRIBUTIONS WELCOME: U.P. ROWING is a 501(c)(3) nonprofit organization.*

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## SELECT INTRODUCTORY LEARN TO ROW CLASS (check one):

Sat. June 6, 9:00AM-1:00PM (Or)  Sat. June 13, 9:00AM-1:00PM

## SELECT ONGOING LEARN TO ROW CLASS (check one):

MORNING: Tues/Thurs 8:00-9:30 AM (Or)  EVENING: Tues/Thurs 5:30-7:00 PM

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## Photo Release

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 partake in being photographed or filmed please let us know.

I further agree that my participation in any printed or digital image produced by U.P. Rowing confers upon me 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.

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

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

Initial: \_\_\_\_\_ Date: \_\_\_\_\_

QUESTIONS? [www.UPRowing.com](http://www.UPRowing.com) or contact Gail Brayden at [gbrayden@charter.net](mailto: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 12/31/19 – 12/31/20, 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.

**Signature:**

\_\_\_\_\_

**Date:**

\_\_\_\_\_

## 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 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 \_\_\_\_\_

# 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—yes, even your wedding bands—at home so they don't damage the oar handles or your hands.

# U.P. Rowing

## Learn to Row Late Registration

*IF YOU MISSED THE REGISTRATION DAY IN JUNE, USE THE FOLLOWING INSTRUCTIONS TO REGISTER FOR LEARN TO ROW CLASSES AND U.P. ROWING MEMBERSHIP PRIOR TO THE DUE DATE*

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

### **PAPERWORK DEADLINE:**

Paperwork and checks must be received no later than **June 4, 2020** 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:

1. Completed Checklist
2. Completed Membership Application
3. Completed Swim Test
4. Erg Instruction (rowing machines)\*
5. Completed Lift/Carry Test\*
6. Safety Video Viewed\*\*
7. Make out a check to U.P. ROWING for \$200
8. Mail the above forms and check to:

Gail Brayden  
3114 Island Beach Rd.  
Marquette, MI 49855

Or Place in yellow U.P. Rowing  
mailbox at same address

### **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

### **\*ERG INSTRUCTION & LIFT/CARRY TEST:**

Contact Deb Jean ([djeanmqt@outlook.com](mailto:djeanmqt@outlook.com)) or Sue Lakanen ([slakanen@hotmail.com](mailto:slakanen@hotmail.com)) to schedule. Tests will be held at the U.P. Rowing clubhouse under the observation deck at Founders Landing.

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

### **\*\*SAFETY VIDEO:**

The video can be viewed here: [UPRowing.com/links](http://UPRowing.com/links)

- Watch the safety video (up to the 27:20 mark, the rest is optional).
- Initial the attestation line on page 1 of this packet.
- A verbal quiz may be administered by one of our coaches.

QUESTIONS? Don't hesitate to ask!

Go to [www.UPRowing.com](http://www.UPRowing.com). Contact Gail at [gbrayden@charter.net](mailto:gbrayden@charter.net) or 906-361-7234