www.UPRowing.com

LTR Tuesdays and Thursdays	8 – 9:30 AM _____
	– OR –
	5:30 – 7:00 PM _____

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).

_____ Membership/Photo Release Form Completed

_____ U.P. Rowing Release of Liability Signed

_____ Declaration of Swimming Ability Form Signed

_____ Safety Video Viewed – **UPRowing.com/links** 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____

ADDRESS_____CELL PHONE_____

CITY_____ STATE_____ ZIP_____

EMAIL_____ DOB_____/_____/_____

EMERGENCY CONTACT NAME_____CELL PHONE_____

MEMBERSHIP CATEGORY (check one):

____ ADULT LEARN TO ROW CLASS $215 (includes first year membership)

____ ADULT ROWER $215 (must have prior rowing experience)

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

____ 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. Contact gbrayden@charter.net for info.

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

Optional Donation Amount: $ _____

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: _____

Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any U.P. Rowing activity, including scheduled, supervised club activities, and regattas, during the policy term 05/01/24 – 04/30/25, 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 U.P Rowing 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 U.P. Rowing, 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 U.P. ROWING.

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 U.P. Rowing Release of Liability, which should be copied for your use.

Declaration of Swimming Ability

Before your first day on the water with us, you must complete and submit this swimming ability declaration. ***Please note that actually taking the test is not required — this is simply an affirmation of your ability.*** The risks of drowning while participating in any rowing-related activity are minimal, yet possible. Therefore, prior to any water-based activity, the following swim test must be acknowledged and this form submitted. This form will be kept on file with the Club and is valid for future classes and club membership.

Swim Test requirement:

1. Swim any stroke or combination of strokes for 10 minutes without interruption.
2. Immediately following, the participant must float or tread water for an additional uninterrupted 10 minutes.

At no time during the swim test is the participant allowed to rest on the side of the pool or touch the bottom of the pool.

I attest that I have completed the swim test as described above.

Participant Name: _____

Participant Signature: _____

Parent or Guardian Signature: _____

Date: _____

U.P. Rowing

Learn To Row Overview

Learn to Row begins Sunday June 23 with our mandatory check-in & Orientation. Classes continue Tuesdays and Thursdays June 25th through July 18th (no class July 4th).

Mandatory check-in & Orientation is Sunday June 23 9:00am—1:00pm at the U.P. Rowing clubhouse 655 S. Lakeshore Blvd. (below the observation deck).

Classes continue Tuesdays and Thursdays from 8:00—9:30am OR 5:30—7:00pm at Founders Landing in Marquette (next to the Hampton Inn)

To sign up:

1. Click on “Adult Membership Packet” on on our web page. Download and print PDF.
2. Watch the safety video online.
3. Complete and sign all downloaded/printed forms.
4. Make check for $215.00 payable to U.P. Rowing (cash is also acceptable. This fee covers the learn to row classes and your annual membership).
5. Mail forms and check to:

   Gail Brayden

   3114 Island Beach Rd.

   Marquette, MI 49855
6. You may also bring the forms and your dues to the address above and leave it in the yellow mailbox on the front of the garage.
7. Deadline for registration: Friday June 30, 2024 @ 5:00 pm.
8. Any questions? Gbrayden@charter.net

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, a.k.a. lifejacket, is <u>mandatory</u>)**
- ☐ **Compression shorts or bike shorts** (loose or baggy shorts will bind and get caught in the wheels of the sliding seat)
- ☐ 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.

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