



# HILLIARD ROWING ASSOCIATION

## ROWER REGISTRATION & RELEASE FORM

ROWER'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

ROWER'S EMAIL: \_\_\_\_\_

AGE \_\_\_\_ BIRTHDATE \_\_\_\_\_ GRADE \_\_\_\_\_ SCHOOL \_\_\_\_\_

PARENT/LEGAL GUARDIAN: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

WHOM DOES ROWER RESIDE? \_\_\_\_\_

**NOTE:** Please make sure we have a phone number where you can be reached, or message can be left. Please list to other adults who will assume temporary care of your child if you cannot be reached.

NAME: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

PHONE: \_\_\_\_\_

## INSURANCE INFORMATION

POLICY HOLDER: \_\_\_\_\_ INSURANCE COMPANY: \_\_\_\_\_

POLICY NUMBER: \_\_\_\_\_ ID NUMBER(S): \_\_\_\_\_

PRIMARY CARE PHYSICIAN/NUMBER: \_\_\_\_\_

## RELEASE INFORMATION

I GIVE PERMISSION FOR \_\_\_\_\_ TO PARTICIPATE IN THE SPORT OF ROWING WITH THE

Rower's Name

HILLIARD ROWING ASSOCIATION FOR THE \_\_\_\_\_ SEASON.

Please enter year

PARENT/LEGAL GUARDIAN NAME: \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PLEASE INCLUDE A PHOTOCOPY OF BOTH SIDES OF YOUR INSURANCE CARD



# HILLIARD ROWING ASSOCIATION

## ROWER MEDICAL & HEALTH FORM

**IMPORTANT! PLEASE READ:** This medical/ Health form will be kept privately in the medical binder at all times in case of a medical emergency involving your child. **Please** make sure that ALL blanks are completed on this form. If an item does not apply to your child, please put NA in the blank to insure accurate information. **Please make sure that the primary and secondary contact is someone who can be contacted at any time while your child is participating in rowing activities.**

ROWER'S FULL NAME: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

SEX: \_\_\_\_\_ GRADE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

**PRIMARY CONTACT:** \_\_\_\_\_ **RELATIONSHIP:** \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

OTHER PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**SECONDARY CONTACT:** \_\_\_\_\_ **RELATIONSHIP:** \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

OTHER PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

## HEALTH HISTORY

1. Operations (within the last year): \_\_\_\_\_

2. Individual Health Concerns (Hyperventilation, fainting, seizures, etc.) \_\_\_\_\_

3. Does your child have, or ever have has, any of the following?

Asthma: \_\_\_\_\_ Seizures: \_\_\_\_\_ Allergic reactions to stings: \_\_\_\_\_ Epilepsy: \_\_\_\_\_

Diabetes: \_\_\_\_\_ Rheumatic Fever: \_\_\_\_\_

4. Medical Conditions (besides those listed above) \_\_\_\_\_

5. Allergies (medications, bee stings, latex products, foods, etc.) PLEASE LIST ALL: \_\_\_\_\_

\*Bee stings/insect bites are not uncommon where we practice. If your child uses an Epi-pen, please provide one to be kept in the medical kit throughout the season.

6. List ANY medications the rower is or will be taking during the season. \_\_\_\_\_

7. Rower's Physician: \_\_\_\_\_

• Phone: \_\_\_\_\_ Hospital: \_\_\_\_\_

## AUTHORIZATION TO PROVIDE MEDICAL TREATMENT

I hereby give the coaches or chaperone in charge of my child limited power of attorney to act in my absence and see that \_\_\_\_\_ (rower's name) receives whatever medical treatment is necessary in the event of an emergency.

Parent/Guardian Printed Name: \_\_\_\_\_ Signature \_\_\_\_\_



# HILLIARD ROWING ASSOCIATION

## STUDENT ATHLETE GUIDELINES & RULES

### Paperwork:

1. For the sake of safety, **all** rowers must have **all** paperwork submitted before being allowed to practice on the water.
2. Paperwork will be kept on file at the site at all times.

### Practices:

1. Be on time!
2. Bring plenty of water!
3. Dress appropriately!
4. Be there! (See Attendance Policy in next section)

### Attendance Policy:

1. **All** rowers are expected to be at **every** practice!
2. Attendance is crucial because boats cannot be taken on the water without the correct number of rowers.
3. If you must miss practice, you are responsible for notifying the coach by way of TeamSnap availability.
4. If this procedure is not followed, the rower may not be eligible to race in the next regatta.

### Regatta Procedures:

1. **All** rowers must arrive at the same time in the morning regardless of what time their race begins. This is because we need everyone's help to unload and rig the boats.
2. Come to the trailer first! After the boats are unloaded and rigged, rowers can take their belongings to the tents.
3. **All** rowers must stay for the whole regatta regardless of their race times. We are all part of one team and we are all there to support each other.
4. Participation in races is at the coach's discretion. If you are a multisport athlete, or have other reasons that you cannot commit to attending every team practice, your race entries may or may not be affected according to the coach's evaluation of your readiness to compete and ability to be safe on the water.

### Fundraising:

1. Since we are technically a club sport and have no official affiliation with any school, we must fund all purchases on our own.
2. There will be many fundraising opportunities throughout the year. These activities are important to the program because they help raise funds to buy new equipment and keep the cost down for rowers.
3. **All** rowers are expected to help with fundraising by volunteering to help with different activities throughout the season.

### First Warning:

1. Your possession of these rules constitutes a first warning. No further warnings will be given to you. It is your responsibility to familiarize yourself with these rules and the consequences of violating them. These rules herein apply to all rowers during practice sessions, regattas, travel to and from the regattas, overnight stays and any rowing sanctioned event, activity or fundraiser. These rules are expected to be observed before, during and after rowing hours.

### Consequences of Misconduct:

1. May include, but are not limited to:
  - a. Suspension of on water activities and/or removal from a regatta roster.
  - b. Dismissal of a rower from the Hilliard Rowing Association Team with or without refund of fees.

### Rules of Conduct:

1. **Driving and Parking:** Rowers driving a vehicle will follow the rules and regulations including speed limits established for this privilege.
2. **Respect:** A rower shall not demonstrate disrespect toward another rower, coach or any other individual person.
3. **Use of Obscene Language or Gestures:** A rower shall not use vulgar language, gestures or signs.
4. **Damage to Hilliard Rowing Association Property:** A rower shall not willfully or maliciously damage or attempt to damage any crew or boat storage facility. Parents, guardians or custodians will be held financially responsible for any property damaged by their rower.
5. **Damage of Public Property:** A rower shall adhere to the rules and regulations pertaining to the use of city parks and facilities.



# HILLIARD ROWING ASSOCIATION

## STUDENT ATHLETE GUIDELINES & RULES (CONT'D)

6. **Athletic Eligibility:** A rower shall follow the established Hilliard City Schools policies for eligibility to participate in sports related to grades and use of illegal substances. The Hilliard Rowing Association has a Zero Tolerance Policy related to the use of drugs and alcohol. If you use drugs and alcohol or are in the presence of it while we are practicing or competing, you will not represent Hilliard Rowing in any competition.
7. **Pay to Participate:** The Hilliard Rowing Association is a pay to participate organization. There is no guarantee as to the number of events each student athlete will participate in. Variables such as but not limited to weather, injuries, number of available student athletes, number of boats available and number of events at each regatta will need to be taken into consideration. Every effort will be made to allow each student the most opportunities available.
8. **Fees:** The Hilliard Rowing Association will establish the required fees each rowing season. Failure to pay the fee in full as required will result in the student athlete being suspended from all activities until the fee is paid. Fees shall not be prorated. If a student athlete has a need, a payment schedule may be established by the Board of Directors.
9. **Image Use:** From time to time, the Hilliard Rowing Association may record your participation in our club activities for use on the club website, its social media platforms, or in other communications. Absent of notification to the contrary, there will be a presumption that this use is acceptable. Any issues concerning the use of still photographs, videos, or other recordings should be brought to the attention of the Board as soon as possible.

### Dispute Resolution:

Every effort should be made to resolve any dispute by the coach(es) and the student athlete informally meeting together. However, in the event the dispute cannot be resolved to the mutual satisfaction of the involved parties, the Board will make an informed decision on how to resolve the dispute.

**We, the undersigned, acknowledge receiving and reading these Student Athlete Guidelines and Rules. We understand and agree to abide by these Student Athlete Guidelines and Rules. We further acknowledge that failure to return this document signed by the student athlete and their parent, guardian or custodian renders the student athlete ineligible to be a member of the Hilliard Rowing Association.**

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Student Athlete Printed Name

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Student Athlete Signature

Dated

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Parent/Guardian/Custodian Printed Name

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Parent/Guardian/Custodian Signature

Date