



# Princess Anne Crew Club

## Rower and Parent Information Sheet

**Rower Name** (Male/Female): \_\_\_\_\_

**Rower Age:** \_\_\_\_\_ **Graduation Year:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Rower Cell Phone:** \_\_\_\_\_ **Text Okay?** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Rower Email** (*non-school accounts only please*): \_\_\_\_\_

*(Please provide an email address that is checked regularly by the rower. This is how we will inform you of any practice cancellations.)*

**Rower Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Have you ever rowed before?** Yes / No

**If yes, please tell us about your rowing experience:**

\_\_\_\_\_  
\_\_\_\_\_

**Do you have asthma or other health conditions that we should be aware of?**

\_\_\_\_\_  
\_\_\_\_\_

***(If you have asthma, please bring your inhaler to practice with you every day)***

**How did you hear about the Princess Anne Crew Club?**

\_\_\_\_\_  
\_\_\_\_\_

**Parent / Guardian 1 Name** (Male/Female): \_\_\_\_\_

**Email:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_ **Text Okay?** \_\_\_\_\_

**Parent / Guardian 2 Name** (Male/Female): \_\_\_\_\_

**Email:** \_\_\_\_\_

**Cellular Phone:** \_\_\_\_\_ **Text Okay?** \_\_\_\_\_



## Princess Anne Crew Club's Liability Waiver

IN CONSIDERATION of being given the opportunity to participate in any Princess Anne Crew Club (Clubs) activity, including scheduled, supervised club activities, and registered regattas, during the period of **03/01/2023 - 07/31/2024**, 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 Releasee 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 the Clubs 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 US Rowing, the Clubs, 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 Releases 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 Releases 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 Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases, from any litigation's 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.
5. I AGREE to be familiar with, comply with, and be bound by the Rules and Regulations of USRowing, including but not limited to the USRowing Rules of Rowing ([www.usrowing.org](http://www.usrowing.org)), the World Anti-Doping Code ([www.usada.org](http://www.usada.org)), and the codes, rules, policies and procedures of the U.S. Center for SafeSport (the "SafeSport Rules," [www.SafeSport.org](http://www.SafeSport.org)), including with respect to the exclusive authority and jurisdiction of the U.S. Center for SafeSport to investigate and resolve reported sexual misconduct and the discretionary authority to investigate and resolve reports of other misconduct. I further agree that arbitration pursuant to the binding arbitration provisions of the SafeSport Rules shall be the exclusive method to resolve any dispute over any disciplinary action taken by USRowing as a result of a USCSS investigation (the "Arbitration Procedure"). 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.
6. IN CONSIDERATION of being permitted to compete, officiate, observe, work, or participate in any way in the EVENT(S), I for myself, my personal representatives, heirs, and next of kin:
  1. Affirm that I have not been diagnosed with, demonstrated any symptoms of or have in any way been exposed to any communicable diseases (including but not limited to the virus commonly referred to as COVID-19) within the last 14 days, or that I have complied with all local, state and federal guidelines and regulations as related to communicable diseases;
  2. Acknowledge that I am aware that by entering the premises and participating in rowing-related and sponsored activities that there are risks to me and to those with whom I interact of exposure, directly or indirectly, to communicable disease(s) including but not limited to the virus "severe acute respiratory syndrome coronavirus (SARS-CoV-2)", "COVID-19" and/or any mutation or variation thereof;

3. 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, all for the purposes herein referred to as "Releases", from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all loss or damage, and any claim or demands therefore, whether caused by the negligence of the Releasees or otherwise;
4. HEREBY agree to INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur arising out of or related to my illness or death, whether caused by the negligence of the Releasees or otherwise.

I HAVE READ THIS COMMUNICABLE DISEASE RELATED HOLD HARMLESS, RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT, UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Printed Name of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature (only if age 18 or over) \_\_\_\_\_

**PARENTAL CONSENT**

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 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 Releasees, 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.

Printed Name of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone#: \_\_\_\_\_

Parent/Guardian Signature (only if participant is under the age of 18): \_\_\_\_\_

## Princess Anne Crew Club Photo / Video Consent Release Form



I hereby grant permission to the rights of my image, likeness and sound of my voice as recorded on audio or video tape without payment or any other consideration. I understand that my image may be edited, copied, exhibited, published or distributed and waive the right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of my image or recording. I also understand that this material may be used in diverse athletic / sports settings within an unrestricted geographic area.

Photographic, audio or video recordings may be used for the following purposes:

- promotion of PA Crew events and / or fundraising
- promotion of PA Crew on PA Crew website and all PA Crew social media accounts including, Facebook, Twitter, and YouTube
- informational PA Crew presentations
- on-line training videos or slideshows
- instructional videos

By signing this release, I understand this permission signifies that photographic or video recordings of me may be electronically displayed via the Internet or in the public educational setting. I will be consulted about the use of the photographs or video recording for any purpose other than those listed above. There is no time limit on the validity of this release nor is there any geographic limitation on where these materials may be distributed.

This release applies to photographic, audio or video recordings collected as part of any official PA Crew practices, regattas, or team events including but not limited to team dinners, End-of-Year award parties, fundraisers, team workdays, and training clinics.

**By signing this release, I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby. I hereby release any and all claims against any person or organization utilizing this material for educational purposes.**

Full Name \_\_\_\_\_

Street Address/P.O. Box \_\_\_\_\_

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

Phone \_\_\_\_\_

Non-school Email Address \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**If this release is obtained from a student athlete under the age of 18, then the signature of that student athlete's parent or legal guardian is also required.**

Parent's Name \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

3/12/21

Revised



Princess Anne Crew Club  
Swimming Safety Video and  
Swimming Ability Acknowledgement

All Princess Anne Crew Club Learn to Row Clinic rowers are required to view the U.S.Rowing Safety Video once a year. It can be found online at <http://www.usrowing.org/safety-video/>.

A signed form is required from each rower and her / his parent or guardian stating they have viewed the U.S.Rowing Safety Video and understand all of the program's safety protocols. Additionally, the parent or guardian of the rower must state that their rower does in fact know how to swim and is able to tread water. This form is to be used in conjunction with the Princess Anne Crew Club Liability Waiver.

I, (*rower's name*) \_\_\_\_\_, acknowledge that I have viewed the U.S.Rowing Safety Video and understand all of the program's safety protocols.

I, (*parent's / guardian's name*) \_\_\_\_\_, acknowledge that my daughter / son \_\_\_\_\_ knows how to swim and tread water.

Rower's Name \_\_\_\_\_ Parent's / Guardian's Name \_\_\_\_\_

Signature \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_



**Princess Anne Crew Club (PACC)**  
**PART I: ACKNOWLEDGEMENT OF RISK AND INSURANCE STATEMENT**

(To be completed and signed by parent/guardian)

I give permission for \_\_\_\_\_ (name of child/ward) to participate in any of the following sports that are not crossed out: rowing, cross-training, conditioning, running, weight lifting.

I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts, or some other means.

He/she has medical/accident insurance (yes \_\_\_ no \_\_\_ );

Name of Medical Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Name of Policy Holder: \_\_\_\_\_

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or PACC to provide treatment for any injury or condition resulting from participating in athletics/activities for PACC during the season covered by this form.

I further consent to allow said physician(s) or health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other PACC personnel as deemed necessary.

To access quality, low-cost comprehensive health insurance through FAMIS for your child, please contact Cover Virginia by going to [www.coverva.org](http://www.coverva.org) or calling 855.242.8282

**PART II: EMERGENCY PERMISSION FORM**  
(To be completed and signed by parent/guardian)

Grade : \_\_\_\_\_ AGE: \_\_\_\_\_

Student's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Please list any **health problems** that might be significant to a physician evaluating your child in case of an emergency:

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Please list any **allergies** to medications/bee stings, etc.:

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Is the athlete currently prescribed an **inhaler** or **Epi-Pen**? \_\_\_\_\_ YES \_\_\_\_\_ NO

List any emergency **medication(s)**: \_\_\_\_\_

Is the athlete presently taking any **other medication**? \_\_\_\_\_ YES \_\_\_\_\_ NO

If yes, please list: \_\_\_\_\_

Does the athlete wear **contact lenses**? \_\_\_\_\_ YES \_\_\_\_\_ NO

Date of last **Tdap or Td** (tetanus) shot: \_\_\_\_\_

**EMERGENCY AUTHORIZATION:** In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of Coastal Virginia Community Rowing to hospitalize, secure proper treatment for and to order injection and/or anesthesia and/or surgery for the person named above.

**Emergency Contact Information:**

Daytime phone number (where to reach you in emergency): \_\_\_\_\_

Evening time phone number (where to reach you in emergency): \_\_\_\_\_

Cell phone: \_\_\_\_\_

Signature of parent or guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to athlete: \_\_\_\_\_

\*Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment if needed. I certify all the above information is correct:

Parent/Guardian Signature: \_\_\_\_\_



# USRowing Release of Liability

ACCEPTANCE OF THIS WAIVER IS REQUIRED FOR ACCEPTANCE OF MEMBERSHIP 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 12/31/2022 - 12/31/2023, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and landbased, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. 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 Releasee 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. 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. 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.

5. AGREE to be familiar with, comply with, and be bound by the Rules and Regulations of USRowing, including but not limited to the USRowing Rules of Rowing (www.usrowing.org), the World Anti-Doping Code (www.usada.org), and the codes, rules, policies and procedures of the U.S. Center for SafeSport (the "SafeSport Rules," www.SafeSport.org), including with respect to the exclusive authority and jurisdiction of the U.S. Center for SafeSport to investigate and resolve reported sexual misconduct and the discretionary authority to investigate and resolve reports of other misconduct. I further agree that arbitration pursuant to the binding arbitration provisions of the SafeSport Rules shall be the exclusive method to resolve any dispute over any disciplinary action taken by USRowing as a result of a USCSS investigation (the "Arbitration Procedure"). 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.

6. IN CONSIDERATION of being permitted to compete, officiate, observe, work, or participate in any way in the EVENT(S), I for myself, my personal representatives, heirs, and next of kin:

- 1. Affirm that I have not been diagnosed with, demonstrated any symptoms of or have in any way been exposed to any communicable diseases (including but not limited to the virus commonly referred to as COVID-19) within the last 14 days, or that I have complied with all local, state and federal guidelines and regulations as related to

communicable diseases;

- 2. Acknowledge that I am aware that by entering the premises and participating in rowing-related and sponsored activities that there are risks to me and to those with whom I interact of exposure, directly or indirectly, to communicable disease(s) including but not limited to the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", "COVID-19" and/or any mutation or variation thereof;
- 3. 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, all for the purposes herein referred to as "Releasees", from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all loss or damage, and any claim or demands therefor, whether caused by the negligence of the Releasees or otherwise;
- 4. HEREBY agree to INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur arising out of or related to my illness or death, whether caused by the negligence of the Releasees or otherwise

I HAVE READ THIS COMMUNICABLE DISEASE RELATED HOLD HARMLESS, RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT, UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

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.





## PRINCESS ANNE CREW CLUB STATEMENT OF EXPECTATIONS AND CODE OF CONDUCT

The purpose of this document is to detail the expectations of all athlete members (rowers) of the Princess Anne Crew Club (PA Crew). The objective of this code is to set standards that will allow each rower to achieve their full potential both on and off the water. PA Crew is committed to supporting our rowers in maintaining these expectations by providing an organization that will be respected by both our school district and the rowing community. By signing this code of conduct, you recognize that you are representing the Princess Anne Crew Club and in order to reflect a positive image of yourself, the club and your school, you agree to carry yourself in a manner compliant with this code.

***"We are what we repeatedly do. Excellence, then, is not an act, but a habit."***

### Rules

1. Support your teammates. Upperclassmen will mentor novice rowers and novices will speak up with questions. There is a zero tolerance policy for inappropriate or aggressive behavior or comments toward others either through direct contact or via voice, texting, and social media.
2. Swearing and foul language on land or water at practices and any team event will not be tolerated.
3. Attendance: Please try to limit any absences as your teammates are depending on you. Frequent absences may affect your position in a boat as lineups are determined to produce optimal results on race day.
4. The guest house is not a hangout and it must be kept clean. At the end of practice, you must wait at the end of the driveway for your ride. Trespassing any time outside of the designated practice hours or team events and / or misuse of the residence of any kind is a violation of the code of conduct. This is a private residence and we are guests.
5. When dressing out for practice, all rowers are to use the guest house bathroom if they will be in any state of undress that shows undergarments. Your comfort level may not match other rowers' comfort level. This will protect all rowers and any adults who may enter the guest house prior to or at the end of practice.
6. Defiance or disrespect toward any member of the coaching staff is unacceptable. While training, both on and off the water, rowers will listen when a coach is speaking. In regard to water training, when you are in a boat there is no "chatting" for safety reasons. You need to be able to hear the coach or coxswain, and your attention should be focused on rowing.
7. Injuries must be reported immediately to the coaching staff. A doctor's note may be required in order to continue practicing or racing.
8. Any rowing or team equipment in need of repair is to be reported immediately to the coaching staff. Rowers will be responsible for learning how to appropriately care for and prepare boats and equipment for the water and the trailer.

9. Proudly represent your school and the PA Crew Club. Bring your best self to every practice, event, and race by taking care of your body and mind. There is a zero tolerance policy for use, abuse, possession, and selling of drugs, tobacco or alcohol. Smoking is prohibited.
10. Rowers agree to adhere to this code of conduct at all regattas. Expected behavior includes:
  - a. Rowers will arrive on time, in uniform, and be ready to race.
  - b. Rowers must be courteous to officials, volunteers, and other crew teams. Unsportsmanlike conduct, swearing, and foul language on land or water will not be tolerated and will result in a boat's disqualification from a race.
  - c. Rowers are expected to know when they are racing, and be on time ready to row.
  - d. Rowers will dress and pack appropriately for the weather. Layers are a must for cold weather.
  - e. Rowers will be respectful of vendors. Anyone caught stealing will be removed from the team.
  - f. Rowers will clean up after themselves and assist in ensuring no trash is left on the regatta grounds.
  - g. Parents must drive their rower/child to the regatta.
  - h. Parents are encouraged to volunteer for duties on regatta days. Eastern Virginia Scholastic Rowing Association (EVSRA), our parent rowing club, is a volunteer organization and without extensive volunteer participation, regattas would not be possible. When volunteering, priority should be given to choosing EVSRA volunteer duties assigned to PA Crew. It is our responsibility as an EVSRA Member Team to fill these positions. Examples include: Parking duties, timers, stake boat holders, cleanup, lunches for officials, etc...
11. Rowing is a physically demanding sport. Athletes are expected to maintain a healthy diet and fuel their bodies before and after workouts and races to achieve optimal results.
12. Rowers will remain in good academic standing.
13. Violation of the code of conduct may result in disciplinary action imposed by the PA Crew Club Board of Directors including warning, removal from a race, or removal of an athlete from the roster. Removal from the team due to misconduct resulting in a violation of the code will forfeit any refund of paid dues.

I have read and understand the above Statement of Expectations and Code of Conduct and agree to abide by its guidelines at all Princess Anne High School Crew Club team and rowing activities. I understand that if I do not follow this Statement of Expectations and Code of Conduct, as outlined above, the PA Crew Club Board of Directors will make a determination for appropriate action to address the misconduct.

Rower Name \_\_\_\_\_ Parent \_\_\_\_\_

Name \_\_\_\_\_ Rower Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

## **1. Regatta Photo Release**

IN CONSIDERATION of being given the opportunity to participate in a USRowing registered regatta (the "Regatta") taking place in this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin: HEREBY GRANT my specific permission to USRowing, the Regatta, the Regatta's host organization(s) (collectively referred to as the "Regatta Manager") and their directors, officers, employees, volunteers, regatta organizers, sponsors, advertisers, participants, agents, and assigns to make and/or obtain photographic images of me on the day(s) of the Regatta and to publish, copyright, distribute and/or display photographic images taken of me on the day(s) of the Regatta. I further waive the right to inspect and/or examine all photographs and/or written text to which the images may be applied before use. I also waive any and all rights and claims, including future rights and claims to such photographic images and any interest therein. I hereby release and discharge the Regatta Manager, its directors, officers, employees, volunteers, regatta organizers, sponsors, advertisers, participants, patrons, agents, licensees, affiliates and assigns from any and all liability by virtue of distortion, blurring, alteration, optical illusion, digital scanning and manipulation, and/or use in composite form, whether the same is intentional, or otherwise. I understand that the Regatta Manager, its directors, officers, employees, volunteers, regatta organizers, sponsors, advertisers, participants, agents, and assigns may use any process or procedure resulting in the completion of the finished product for publication, display, copyright or distribution.

HEREBY GRANT my specific permission to the Regatta Manager, its directors, officers, employees, volunteers, regatta organizers, sponsors, advertisers, participants, patrons, agents, licensees, affiliates and assigns a fully paid- up, non-exclusive, worldwide right and license to use, display or otherwise exploit my name, nickname, voice, photograph, statements, biographical information, and likeness, as well as images of me in motion picture, videotape, electronic, and similar formats ("My Image"), so long as My Image relates to my participation in the Regatta, whether in original or modified form. I waive any rights of privacy.

I hereby verify that I have read and fully understand that I have given up substantial rights by accepting this release and have accepted this release 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.

## **2. Florida Waiver (Commercial and Non-Commercial)**

(All parents of minors who are Florida residents must sign both the Florida commercial and non-commercial waivers)

(Commercial Activity Providers)

### WAIVER AND RELEASE OF LIABILITY AND INDEMNITY AGREEMENT

This release is entered into as between the natural guardian and/parent of this participant, a minor child, and USRowing, its officers, directors, members, employees and representatives upon the date of acceptance.

#### NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN:

READ THIS FORM COMPLETELY AND CAREFULLY, YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF USROWING USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE THAT YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM, YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM USROWING IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND USROWING HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability and Indemnity Agreement (Agreement):

I understand and acknowledge that water sports activities have inherent risks and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life.

I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USRowing, its employees, officers, directors, administrators, agents, coaches, instructors, members, other participants, sponsoring agencies all of which are hereinafter referred to as Released Parties, from any and all liability for any and all claims, demands, losses, or damages on account of injury, including death, or damage to property, caused or alleged to be caused by risks inherent in the water sports activity undertaken by my child.

I further agree that I will not sue or make a claim on behalf of myself or my child against the Released Parties for damages or other losses sustained as a result of my child's participation in the water sports activity.

I further agree to indemnify and hold Released Parties harmless from all claims, judgments and cost, including attorney's fees, incurred in connection with any action brought as a result of my child's participation in the water sports activity.

This Agreement is specifically intended to comply with Section 744.301 Florida Statutes and is intended to operate as a waiver of liability to the fullest extent allowed by law on the date on which it is signed. To the extent that any portion of this Agreement is found to be unenforceable under Florida law, only that portion of the Agreement shall be stricken, and the remaining portions of the Agreement shall be enforced.

BY EXECUTING THIS AGREEMENT, I REPRESENT THAT I HAVE READ THE ABOVE SECTION TITLED "NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN" AND THAT I UNDERSTAND THE CONTENTS OF THIS AGREEMENT AND THAT I ACCEPT IT OF MY OWN FREE WILL ON BEHALF OF MYSELF AND MY MINOR CHILD.

(Non-commercial Activity Providers)

#### WAIVER AND RELEASE OF LIABILITY AND INDEMNITY AGREEMENT

This release is entered into as between the natural guardian and/parent of this participant, a minor child, and USRowing, its officers, directors, members, employees and representatives upon the date of acceptance.

For and in consideration of USRowing allowing my child to participate in the activities of or sponsored by USRowing, I for myself and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability and Indemnity Agreement

(Agreement):

I understand and acknowledge that water sports activities have inherent risks and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life.

I further understand and acknowledge that my child will be engaging in activities that involve the risk of serious bodily injury, permanent disability, paralysis and loss of life, which might result not only from his/her own actions, inactions or negligence, but the action, inaction or negligence of another, the rules of play, or the conditions of the premises, water conditions or of any equipment used. I understand and acknowledge that there may be other risks not reasonably known at this time.

I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USRowing, its employees, officers, directors, administrators, agents, coaches, instructors, members, other participants, sponsoring agencies all of which are hereinafter referred to as Released Parties, from any and all liability for any and all claims, demands, losses, or damages on account of injury, including death, or damage to property, caused or alleged to be caused by the negligence of the Released Parties or otherwise.

I further agree that I will not sue or make a claim on behalf of myself or my child against the Released Parties for damages or other losses sustained as a result of my child's participation in the water sports activity.

I further agree to indemnify and hold Released Parties harmless from all claims, judgments and cost, including attorney's fees, incurred in connection with any action brought as a result of my child's participation in the water sports activity.

This Agreement is specifically intended to operate as a waiver of liability to the fullest extent allowed by law on the date on which it is signed. To the extent that any portion of this Agreement is found to be unenforceable under Florida law, only that portion of the Agreement shall be stricken, and the remaining portions of the Agreement shall be enforced.

BY EXECUTING THIS AGREEMENT, I REPRESENT THAT I HAVE READ THIS RELEASE OF LIABILITY AND INDEMNITY AGREEMENT AND THAT I FULLY UNDERSTAND ITS CONTENTS AND ACCEPT IT OF MY OWN FREE WILL ON BEHALF OF MYSELF AND MY MINOR CHILD.