

2023 – High School BCRC Novice Learn to Row Session 1

Session 1: June 3 to June 29th

Practices times will vary each week: Tues, Weds, Thurs and Sat. See schedule at end of this form.

Mini-Regatta at BCRC boathouse Sat June 24 (morning)

Cost: \$175

Please Print Clearly - This information is used for important communications.

Rower's Name _____ Date of Birth _____

Cell phone _____ email _____

Mailing address _____ HS attending _____

Parent/Guardian 1: Name _____

cell phone _____ email _____

Parent/Guardian 2: Name _____

cell phone _____ email _____

Parental Sign-up responsibilities

- 1) Print and complete 2023-HS Crew Medical History Form.
- 2) Register/Renew your student for a US Rowing Basic membership and sign online US Rowing Agreement waiver, at <https://membership.usrowing.org> using BCRC's Club Code - **YLLV6**.
- 3) Record your rower's US Rowing Member Number _____
- 4) If your student has **attained the age of 18 years old**, they are required to take US Rowing SafeSport for Adult Athletes on the US Rowing membership portal. Please have them complete this training.
- 5) Please download and read - CLUB POLICY AND SAFETY RULES & CLUB SAFE SPORT POLICY at: www.baycityrowing.org/membership.
- 6) Review CDC guidelines for Isolation and Precautions for Covid19.
https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?s_cid=11759:cdc%20covid%20guidelines:sem.ga:p:RG:GM:gen:PTN:FY22

Parent/Guardian Signature required below.

My child is **able** to swim 50 yards, and tread water 5 min _____(Signature) **OR**

I am **NOT** sure if my child is able to swim 50 yards, and tread water 5 min _____(Signature)

I have read and understand the Club Safety Policy _____(initials).

I have read and understand the Club Safe Sport Policy _____(initials).

I have reviewed the CDC guidelines for Isolation and Precautions for those with Covid 19 _____(initials)

I give _____ or do **Not** give _____ (initials) consent for my child's photo to be used on the Rowing Club website, Club Facebook, and/or Instagram or other advertisements for the club.

Parent/Guardian of Athletes under the age of 18 (Applicant must be at least 14 year old.) A parent or legal guardian **MUST** sign the online US Rowing Association Agreement (wavier) and **register** minor child for a basic US Rowing Membership. I agree to complete these requirements set forth in this document.

Parent/Guardian _____(Signature) Date _____

PAYMENT - Please pay through online registration process on our website (baycityrowing.org), or email loramoon@sbcglobal.net to make other arrangements.

- **HS Application Form, Medical Form – turn-in to coach on first day of practice.**

We look forward to a great rowing season!

Practice Dates/Times (Practice last approx. 2 hours)

JUNE				Sat June 3 11:00am (2.5 hr session)
	Weds June 7– 4:00pm			
Tues June 13 - 6:00pm	Weds June 14– 2:00pm			Sat June 17 11:00am
	Weds June 21 – 2:00pm	Thurs June 22 – 4:00pm		Sat June 24 (morning TBD) Mini-Regatta at BCRC
Tues June 27 – 4:00pm	Weds June 28 – 4:00pm	Thurs June 29 – 4:00pm		