

# 2023 – High School BCRC Learn to Row Session 2

**Session 2:** July 5 to August 17th

**Practices times:** Tues, Weds, Thurs (4 to 6 pm). See schedule at end of this form.

*New rowers can start any time in July.*

**Cost:** Pro-rated (approx. \$14 per practice) see page 2.

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**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](http://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](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 and/or entering HS in the Fall.) 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 by check payable to Bay City Rowing Club on your first day of practice. Contact Lora at [loramoon@sbcglobal.net](mailto:loramoon@sbcglobal.net) for determination of pro-rated cost. Cost is pro-rated based on planned absences and start date.**

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

**We look forward to teaching you how to row!**

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

<b>July</b>		
	<b>Weds</b> July 5 – 4:00pm	<b>Thurs</b> July 6 – 4:00pm
<b>Tues</b> July 11 - 4:00pm	<b>Weds</b> July 12 – 4:00pm	<b>Thurs</b> July 13 – 4:00pm
<b>Tues</b> July 18 – 4:00pm	<b>Weds</b> July 19 – 4:00pm	<b>Thurs</b> July 20 – 4:00pm
<b>Tues</b> July 25- 4:00pm	<b>Weds</b> July 26 – 4:00pm	<b>Thurs</b> July 27 – 4:00pm

<b>August</b>		
<b>Tues</b> Aug 1 - 4:00pm	<b>Weds</b> Aug 2– 4:00pm	<b>Thurs</b> Aug 3 – 4:00pm
<b>Tues</b> Aug 8 - 4:00pm	<b>Weds</b> Aug 9 – 4:00pm	<b>Thurs</b> Aug 10 – 4:00pm
<b>Tues</b> Aug 15 - 4:00pm	<b>Weds</b> Aug 16– 4:00pm	<b>Thurs</b> Aug 17 – 4:00pm