

**SAN DIEGO ROWING CLUB**  
*Junior Crew*

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**FORMS CHECKLIST**  
**2009 – 2010**

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Having read all of the above listed documents, and having read the Policies of the Rowing Club that were provided to me, and having read, accepted, initialed and signed the Rowing Club's Waiver / Release Form, (returned attached hereto) I, the undersigned, with my signature do hereby acknowledge and accept without reservation, all of these policies, terms and conditions set forth, as prerequisites to being accepted as a member(s) of the San Diego Rowing Club.

Signature of Rower \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
Required for members under 18 years of age



**SAN DIEGO ROWING CLUB**  
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**RELEASE OF ALL CLAIMS AND ASSUMPTION OF ALL RISKS**

(Separate Release and Waiver Form required from every family member joining)

I, the undersigned, represent as follows:

(Please initial each paragraph)

I am a qualified, competent swimmer and am physically able to participate in and withstand with ease and without supervision the rigors of participating in water sports, which may involve rough water swimming in low water temperatures, in the dark and against strong currents. \_\_\_\_\_

I understand that my participation in activities related to rowing/swimming sponsored by or associated with the San Diego Rowing Club may expose me to certain risks of serious injury, including death, and it is my express intent to assume all responsibility and risk for such participation regardless of the outcome, including injury or death resulting from the negligence of the San Diego Rowing Club, its members, directors, officers, employees and/or volunteers. \_\_\_\_\_

I hereby FOREVER release and hold harmless the San Diego Rowing Club, its members, directors, officers, employees and/or volunteers of any and all responsibility or liability of any kind or nature whatsoever for loss or damage to property or personal injuries sustained or occurring during participation in any capacity in any activity sponsored by or associated with the activity of rowing/swimming in any way related to, affiliated with or sponsored by the San Diego Rowing Club or use of the facilities or equipment of the San Diego Rowing Club. \_\_\_\_\_

If I choose to store or leave any personal property items including, but not limited to, boats, sculls/oars, etc. (Personal Items) at SDRC, I freely do so at my own risk. I agree that SDRC, its members, directors, officers, employees, and/or volunteers assume no responsibility or liability, and I agree to indemnify and hold harmless SDRC, its members, directors, officers, employees and/or volunteers, for any damage, theft, maintenance, safety, injury, death, or any other liability, costs, or damages consequential or otherwise incurred directly or indirectly associated with or incurred through the use on or off the water, whether authorized or unauthorized, of the Personal Items or as a result of storage of Personal Items. I agree to maintain at all times my own necessary and appropriate insurance coverage of such Personal Items. \_\_\_\_\_

This shall serve as release and assumption of the risk for not only myself, but my heirs, executors, estate, administrators and anyone acting on their behalf. \_\_\_\_\_

If the member is currently under the age of 18, his or her parent or legal guardian shall execute this document with its full intent and effect in force on behalf of the minor. The fact that this release is executed by the parent or legal guardian of a minor does not in any way minimize or negate the effect of same. \_\_\_\_\_

Print Name : \_\_\_\_\_ Birthdate : \_\_\_\_\_

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

**Required if participant is under 18 years of age -**

Signature of Parent or Guardian : \_\_\_\_\_ Date : \_\_\_\_\_

**SAN DIEGO ROWING CLUB**  
*Junior Crew*

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**JUNIOR CREW CONTRACT**

**2009- 2010**

Rower's Name: \_\_\_\_\_

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**PART ONE - Confirmation of Intent to Participate**

I / We, the Parent(s)/Guardian(s) of the above named Junior Rower, have discussed the following list of items and requirements pertaining to the *Southwest Regional Junior Rowing Championships*.

**We are fully aware of the following:**

1. *Southwest Regional Junior Rowing Championships* is the culmination of the 2009/10 training year. Thus, the primary focus of the SDRC Junior Crew Program is to compete at the highest level possible at this regatta. All athletes are expected, and therefore, required to compete at this Regatta.
2. By committing to participation in this Regatta, we assume full responsibility of any and all non-refundable costs incurred by the SDRC Juniors Parent Steering Committee in preparing for this Championship Regatta (transportation, race entry fees, lodging, etc.).
3. We have discussed thoroughly, and are therefore aware, of the time commitment that is required in preparing for this Regatta, by both the athletes and the athletes' parents. We understand that rowing is an inherently demanding sport in terms of time, energy and money. We have made preparation in advance to allow for these commitments.

**PART TWO - Contract Acknowledgment**

**By my / our signature(s) below, in addition to confirming my / our intent to participate as outlined above,**

- 1) I / We acknowledge that I / we have read the Junior Crew Program Handbook;**

**Additionally,**

- 2) I / We acknowledge that I / we have read and understand the sections of the handbook regarding Junior Crew Program Rules,**

**and, that as a member of the Junior Crew, or as a Junior Crew Parent, and as a member of the San Diego Rowing Club, I / we fully understand the responsibilities that I / we have as participants in the Junior Crew Program.**

**Further, by my / our signature(s) below, I / we agree to abide by these guidelines, rules and policies, and will to the best of my / our ability assist others in their adherence to these guidelines, rules and policies.**

**Rower's Signature** : \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent's/Guardian's Name** : \_\_\_\_\_

**Parent's/Guardian's Signature** : \_\_\_\_\_ **Date:** \_\_\_\_\_

**SAN DIEGO ROWING CLUB**  
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**SDRC Zero Tolerance**

**Alcohol and Substance Abuse Policy**

San Diego Rowing Club (SDRC) Junior Crew has adopted a zero tolerance policy regarding the acquisition, use, or possession of alcohol, marijuana, or any other illegal substance. Simply stated, this policy provides that any SDRC Junior member who is found to have acquired, used, or to have been in possession of alcohol, marijuana, or any other illegal substance at any time during an SDRC activity or official event will have his or her membership immediately suspended pending a hearing before the SDRC Board. This policy applies to all SDRC Junior Crew activities, including all practices, regattas, and official SDRC Junior Crew social events. It also applies at all times during those activities, including from the time a member enters the SDRC parking lot, boards a team bus, or enters the premises of an official social event until such time as the member ceases to be engaged in the activity or event and has left the premises.

Any rower who becomes aware of such activity is expected to report this to their Coach or the Head Coach immediately.

At the time of an occurrence, the Head Coach and the Parent Steering Committee (**PSC**) President or Vice-President (VP) and the Coach Liaison will immediately be notified. The Coach Liaison independently will gather information and create an incident report. The Head Coach, President, and VP will review the information and determine the need for immediate suspension. (If either the President or VP is not available, a third person from the PSC will participate. Also, this person will be disqualified if their child is involved). The incident will be reported to the SDRC Board, with review of the immediate suspension and determination of further action.

If found to be in violation of this policy, the suspension shall be effective for the rest of that racing season (fall or spring) and the racing season following the incident. The rower may petition the SDRC Board regarding the suspension and terms of return to the SDRC Junior Crew program, and the final length of the suspension will be at the discretion of the SDRC Board.

“Preponderance of Evidence” will be the standard of proof used as the basis for all decisions.

In the event of suspension or termination of membership as a result of this policy, the affected member will not be reimbursed for previously paid membership dues. The member may re-apply for membership after the expiration of the set term, with the understanding that the decision whether or not to re-admit the member shall be solely within the discretion of the SDRC Board. No promise or assurance of re-admission is promised or made. Any application for re-admission must be accompanied by a letter from the applicant and the applicant's parent or guardian accepting responsibility for the past violation of the policy and providing appropriate assurances no future violation will occur.

This policy may be amended at the discretion of the SDRC Board of Directors.

By signing this page, I affirm that I have read, understand, and fully agree to this policy.

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Rower Signature

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Date

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Parent / Guardian Signature

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Date

**SAN DIEGO ROWING CLUB**  
*Junior Crew*

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**PARENTAL / GUARDIAN PERMISSION**  
**TRAVEL FORM**  
**2009- 2010**

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Print Junior Rower's Name (herein referred to as "child") \_\_\_\_\_

My child has permission to attend and/or participate in rowing events entered into by SDRC. I understand I will be notified in advance of any rowing events my child chooses to participate in, that these events may be local, in or out of state, and that travel to and from such events may be by car, bus or air.

I understand that regatta fees will be paid for by SDRC, and these entry fees are included in our monthly dues. I further understand that travel, food and lodging expenses for all events will be paid for by the participating Junior Crew members, and that it is my child's responsibility to bring his/her own additional snacks if desired, and share in gas expenses when traveling by car.

I understand that for invitational regattas such as US Rowing Youth Nationals or other special invitational regattas, that my rower will be responsible for the cost of their own transportation, lodging and food. The club has agreed to cover costs of entry fees, boat transportation or rental and coaching expenses.

I understand that whenever my child attends a rowing event it is his/her responsibility to obtain a copy of the Regatta Information Sheet that will be available at the SDRC Boathouse prior to a rowing event listing: the event, location, dates of departure and return, SDRC participants, travel and lodging arrangements, person in charge and local parent contact.

**I have carefully read this permission form and fully understand its contents.**

**Parent/Legal Guardian Signature:** \_\_\_\_\_

**Print Parent/Legal Guardian Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Date:** \_\_\_\_\_

This permission form shall remain in force for the entire 2009/2010 Season, or until SDRC receives written notice of cancellation of the consent or until the end of the activities described above.

**SAN DIEGO ROWING CLUB**  
*Junior Crew*

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**AUTHORIZATION AGREEMENT FOR PRE-AUTHORIZED DEBIT**  
**2009 - 2010**

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MEMBER NAME (s): \_\_\_\_\_

I (we) hereby authorize **San Diego Rowing Club, ("SDRC")** to initiate debit entries to my (our) ( ) Checking ( ) Savings account (select one) indicated below at the depository financial institution ("Depository") named below.

**PLEASE ATTACH A VOIDED CHECK.**

DEPOSITORY NAME \_\_\_\_\_ BRANCH \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

ROUTING NUMBER \_\_\_\_\_ ACCOUNT NUMBER \_\_\_\_\_

<p>The <b>DEPOSITORY</b> routing number is the (9) digit number - reading from left to right - on the bottom, left hand side of your check. The next several numbers to the right is your account number and, in most cases, the final three or four numbers correspond to the check number.</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Monthly authorized debits from the account above are not to exceed (please check one):

- \$460 (Novice five months)
- \$460 (Varsity five months)

And the Authorization will remain in full force and effect until SDRC has received written notification from me (or either of us) of its termination in such time and in such manner as to afford SDRC and DEPOSITORY a reasonable opportunity to act on it. Debits will occur on the 15th of each month.

NAME \_\_\_\_\_ NAME \_\_\_\_\_

SIGNED \_\_\_\_\_ SIGNED \_\_\_\_\_

DATE \_\_\_\_\_ DATE \_\_\_\_\_

**SAN DIEGO ROWING CLUB**  
**Junior Crew**

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**MEDICAL INFORMATION AND RELEASE FORM**  
**2009- 2010**

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Rower's Name: \_\_\_\_\_

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

Birthdate: \_\_\_\_\_ School: \_\_\_\_\_

Father: \_\_\_\_\_

Mother: \_\_\_\_\_

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

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

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

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

**IN CASE OF EMERGENCY NOTIFY:**

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

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Name and Dosage of any Medications: \_\_\_\_\_

Drug Allergies: \_\_\_\_\_ Blood Type (if known): \_\_\_\_\_

Any other medical information – In particular, please provide any information of importance that might affect this rowers participation in specific training and rowing activities that the coach needs to be aware of:

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

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**HEALTH INSURANCE INFORMATION**

Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Name of Insured: \_\_\_\_\_

Insured's Social Security Number: \_\_\_\_\_

**MEDICAL RELEASE**

The undersigned parent/guardian of a minor does hereby consent to any emergency x-ray, anesthetic medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or specific supervision of any physician and surgeon licensed under the provision of the Medical Practice Act. It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care begin required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his best judgment may deem advisable; and neither said agent or any organization involved assumes any financial responsibility for exercising this action. This authorization is given pursuant to the provisions of Sections 25.8 of the Civil Code of California.

My child is in good health, and I know of no reason why he/she would be incapable of participating in activities. My child knows how to swim. I understand that I am responsible for informing the coaches of any health condition which may limit the named rower's participation in this sport. If a change in this condition occurs, I will immediately inform the coaches in writing.

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

Parent's/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**SAN DIEGO ROWING CLUB**  
*Junior Crew*

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**PHYSICAL EXAMINATION  
REQUIRED FOR ALL ROWERS 2009-2010 SEASON**

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**Rower Name:** \_\_\_\_\_

**Review of Medical History:**

Pertinent past medical history: \_\_\_\_\_

Current medical disorders: \_\_\_\_\_

List all medications (both routine and p.r.n): \_\_\_\_\_

**Physical Examination:**

BP \_\_\_\_\_ HEIGHT \_\_\_\_\_ VISION \_\_\_\_\_

NEUROLOGICAL \_\_\_\_\_ HEAD/NECK \_\_\_\_\_ CHEST/AIRWAY \_\_\_\_\_

SKIN \_\_\_\_\_ CARDIOVASCULAR \_\_\_\_\_ ABDOMEN \_\_\_\_\_

GENITALIA/HERNIAS \_\_\_\_\_ MUSCULOSKELETAL \_\_\_\_\_ STRENGTH \_\_\_\_\_

TANNER STAGE (1-5) \_\_\_\_\_ AGE OR MENARCHE (females) \_\_\_\_\_

Description of abnormalities above: \_\_\_\_\_

**Recommendations:**

\_\_\_\_\_ There are no restrictions or special considerations to participation in the crew/rowing athletic program.

\_\_\_\_\_ The following are limitations or special considerations:

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

\_\_\_\_\_ This person is disqualified from sports until further evaluation.

**Physician or Nurse Practitioner Statement/Signature:**

I, the undersigned am licensed to elicit and interpret the medical history, pharmaceutical history and clinical findings of a complete health assessment for participation in an athletic program. I have completed this assessment and recorded all pertinent findings above.

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\_\_\_\_\_  
Physician or Nurse Practitioner Signature

\_\_\_\_\_  
Today's date

\_\_\_\_\_  
Date of Exam

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
License Number

\_\_\_\_\_  
Address

**SAN DIEGO ROWING CLUB**  
*Junior Crew*

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**PARENT CONDUCT CONTRACT**

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As the parent or legal guardian of a rower or rowers at the San Diego Rowing Club Junior Crew, I hereby understand my obligation to abide by the *Parent Conduct Guidelines* set forth below. I further understand that failure to follow these guidelines may result in my removal from any regatta or boathouse premises or may result in my rower's expulsion from any or all events. Violations will be determined by SDRC Board, coaches and members of the Parent Steering Committee, including the Team Liaison, as appropriate. All decisions of this group are final.

***INTERACTING WITH COACHES.***

1. Do not criticize, belittle, question or otherwise interfere with the activities and decisions of any coach.
2. Do not pressure the coach to place any rower in a particular position or suggest seat or boat assignments or changes. The coach has complete control of his or her crew.
3. Do try to support the decisions of the coaches and work out your differences at a time and place that is convenient to you both.
4. Do encourage your rower to first try to work with his or her coach to arrive at a solution and if a solution cannot be reached, you, the parent may make contact with the coach. If a solution is still not reached, understand that you may take the matter to the Team Liaison.
5. Do respect a Coach's right not to communicate with you "on the spur of the moment" about issues that may be controversial or under the circumstances, not in the immediate best interests of your child or other rowers.
6. Do limit non-essential conversation with the coaches at regattas and practices. A coach cannot be expected to take coaching time away from the rest of the team to deal with an individual matter.
7. Do listen to your rower's complaints but be prepared to put them in perspective. Rowing is a demanding sport but know that it is unlikely that the coach is really "trying to kill" your rower.
8. Do not overburden coaches with excessive questions or requests for personal assistance with your rower either in person or via phone or e-mail. It is easy for the coaches to become overburdened with these inquiries which take away from his or her time coaching the team.
9. Do understand that the coaches seek to create a positive experience for as many rowers as possible and that while decisions may seem somewhat subjective at times, they are not personal and are always made with the overall goal of success for the team.

***INTERACTING WITH ROWERS.***

10. Do not yell at, belittle, taunt or otherwise criticize any rower.
11. Do attempt to control your emotions during practices and regattas and refrain from speaking negatively of any individual rower or group of rowers including your own rower, our team and our competitors.
12. Do not attempt to "coach" a rower or crew unless requested to do so by a coach.
13. Do not crowd or interfere when the coach is meeting with rowers at regattas.

**SAN DIEGO ROWING CLUB**  
*Junior Crew*

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**PARENT CONDUCT CONTRACT**  
*continued*

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***BEHAVIOR AT REGATTAS.***

14. Do not criticize, belittle, question or otherwise interfere with the activities and decisions of any regatta official.
15. Do not approach regatta officials about results or disputes but allow the coaches to do so if they deem appropriate.
16. Do not use foul language, smoke, drink alcohol or use illegal drugs at the regatta sites.
17. Do not yell, cheer or make loud noises in front of or near the officials' station. It affects their ability to call the results and they may ask you to leave.

***PARENT RESPONSIBILITIES.***

18. Do ensure that your rowers are on time for all practices, events and regattas and report all absences or late arrivals prior to the start of the practice or regatta.
19. Do ensure that all forms, waivers and fees, if any, are turned in on time.
20. Do willingly agree to volunteer at least 5 hours per year in service to the team.
21. Do not criticize or talk negatively about your fellow parent volunteers but work to support the team, its coaches and volunteers.
22. Do get involved with your child's rowing. You and they will benefit greatly from your participation.

By signing this page, I affirm that I have read, understand, and fully agree to this policy.

\_\_\_\_\_  
Rower

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian

\_\_\_\_\_  
Date

# **SAN DIEGO ROWING CLUB**

## *Junior Crew*

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### **JUNIOR CREW PARENT STEERING COMMITTEE GUIDELINES**

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The Parent Steering Committee (PSC) consists of the following five members:

- President
- Vice-President (VP)
- Treasurer

Two Lieutenants, chosen by the current PSC President, VP, and Treasurer with input from the incoming President, VP, and Treasurer from amongst all the volunteers for the following year who indicate a willingness to serve on the PSC.

The term of service on the PSC is one year and each year the PSC membership must be re-established. The President preferably should be someone who has volunteered in the program at least one year at some point. The PSC members should have a vested interest in the SDRC Junior Crew Program from either currently having or having had a Junior athlete in the program or being a member in good standing at SDRC.

The PSC for the following year is nominated by the outgoing PSC in the following manner.

All positions are open and a Volunteer Sign Up occurs during the month of April (e.g., at Long Beach Regattas, monthly parent meeting and posted on the Website). The current VP is responsible for recruiting and for maintaining the list of volunteers that is presented to the current PSC. From this list the current PSC will make a recommendation to the SDRC Board for the Board's final approval at the May Board meeting.

Should there be multiple candidates desiring the same position on the PSC, the current holder of that position will interview the candidates and suggest to the PSC his/her recommendations, and the current PSC will chose one candidate. Should there be an unresolved issue or conflict for a position, the candidates still have an opportunity to appear before the SDRC Board to make their case for nomination to the position. This can also be discussed at the parent meeting level. Ultimately, the SDRC Board makes the decision and votes to confirm the five-member PSC for the following year. If there are concerns about the PSC transition from one year to the next, all parents are welcome to discuss their concerns at the parent meetings, and/or may come before the SDRC Board.

The PSC meeting frequency will be flexible, generally occurring monthly or as needed to discuss and work on various issues. The five-member PSC will have voting rights to make recommendations to the SDRC Board on issues pertaining to the Junior Crew program with input from the full parent group when appropriate. A quorum of the PSC will consist of three members, though preferably with all five members present for discussion of Junior Crew concerns and voting when needed. Signatories for the financial account will be the President, Vice-President and Treasurer, with two signatures required on all checks and fund disbursements.

These guidelines are subject to periodic review to be sure they fit the needs of the SDRC Junior Crew Program, and may be amended by recommendation of the PSC and requiring approval of the SDRC Board.