

# Registration Form

## Organization Information

# Seattle Team Building Institute

at Lake Union Crew

Organization Name	Contact Person			
Address	Email			
City	State	Zip	Day Phone	Fax
What does your organization do?	Date(s) of Session	# of Participants		

## Program Options

**Regatta Experience (Option A)**

Includes:

- Room set up and breakdown
- Team Building Institute facilitator
- Team Building Institute customized presentation
- Tank and on water rowing experience

Cost:

- \$600 facility rental
- \$125 per person

\*\*Facilitator available for half or full day presentations. Can include the complete facilitation of the team building workshop or be in addition to your presentation.

**Crew Classic Experience (Option B)**

Includes:

- Half day facility rental
- Room set up and breakdown
- Team Building Institute facilitator
- Team Building Institute customized presentation
- Tank and on water rowing experience

Cost:

- \$400 facility rental
- \$125 per person
- \$200 to add second half of day using your own program

**Business Meeting with a "Water Break" (Option C)**

Includes:

- Full or half day facility rental
- Great Room and breakout room availability
- Room set up and breakdown

Cost:

- \$400 half day facility rental
- \$600 full day facility rental
- \$75 per person for 2.5 hour session
- \$35 per person for 1 hour session

Rowing Add-on Options:

- 2.5 hour indoor tank & on water rowing session
- 1 hour coached indoor tank rowing session in our state of the art motorized tank

Facilities include: use of broadband internet including WiFi, projection screen, TV/VCR/DVD, microphone & sound system, podium, 2 flip charts, wall mounted white boards, round or rectangular tables, chairs, couches, and fireplace. Coffee, tea, and water are provided for all programs at no charge.

## Total Program Cost

**Option A**

Facility Rental	\$600		\$ _____
Per Person Fee	\$125	x _____	=\$ _____

**Option B**

Facility Rental	\$400		\$ _____
Per Person Fee	\$125	x _____	=\$ _____
Add 1/2 day with own program	\$200		\$ _____

**Option C**

Full-day facility rental	\$600		\$ _____
Half-day facility rental	\$400		\$ _____
2.5 hour per person fee	\$75	x _____	=\$ _____
1 hour per person fee	\$35	x _____	=\$ _____

Sub Total	\$ _____
Sales Tax 9.5%	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>

\_\_\_\_\_  
 Visa/MasterCard #

\_\_\_\_\_/\_\_\_\_\_  
 Expires

\_\_\_\_\_  
 Authorized Signature

# Seattle Team Building Institute

at Lake Union Crew

## Participant Checklist

(Organizer, please distribute copies of this form and the waiver to each person attending.)

### What should I bring?

- Signed Waiver Form
- The correct clothing (see below)
- Extra change of clothes - not usually necessary, but just in case
- Extra pair of shoes and socks - usually necessary
- Your sense of humor

### What clothing should I wear?

Wear comfortable clothing, layers, things that allow you room to move.  
Do not wear jeans or baggy shorts.

### What shoes should I wear?

Old sneakers that can get splashed or wet. Do not wear sandals.

### What should I expect?

Rowing is a water sport in which you are very unlikely to fall into the water, but are likely to get wet feet and get splashed.  
The amount of exertion you expend is up to you.

### What if I have a physical limitation or am uncomfortable on the water?

No problem. You can still be part of the experience and can ride in the coach's boat or observe from the dock.

### What if the weather is bad?

Wearing layers is the best way to be prepared. Thanks to Seattle's temperate climate, team building sessions are held year round.  
Only high winds or very low temperatures keep us off the water.

### How do I get there?

Driving directions to 11 East Allison Street are available at [www.seattleteambuilding.com](http://www.seattleteambuilding.com). Our parking attendant will direct you on site. Carpooling is encouraged.



# Release of Liability

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 12/31/09 – 12/31/10, 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 Release 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 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. I 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 Release 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.

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.

**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.**