

Payments and registration

- Camp fees are payable in full before the beginning of each session
- Our sessions are each 2 weeks long, feel free to register for more than one session
- We do not pro-rate camp fees or offer refunds.

Schedule

- The Coaches and Staff at Lake Union Crew are dedicated to providing a fun, unique and challenging experience for all campers. While activities may change due to weather or other factors, the general outline for Camp will be as follows:

9:30 - 10:00am: Attendance + warm up/stretching

10:00 - 12:15am: Rowing activities.

12:15 – 12:30pm: Return to dock, put away boats and equipment.

END OF MORNING SESSION – Camper Pickup

12:30 – 1:15pm: **LUNCH**

1:15 – 2:45pm: Smaller sized boats (singles, doubles, pairs and quads)

2:45 – 4:15pm: Medium sized boats (fours and quads)

4:15 – 4:30pm: Return to dock, put away boats and equipment

END OF ALL DAY SESSION – Camper Pickup

Attire

- Campers should wear comfortable, stretchy clothing that is not too baggy.
- Lace up athletic shoes that are OK to get wet are recommended. Flip-flops, sandals or bare feet are not allowed for rowing.
- Shirts must be able to be tucked in. No revealing outfits or degrading / profane messages on clothing.
- Please take the weather into account. We will row if it's raining, so it is advised that campers bring a change of clothes. Layers are a good idea on chilly days, as are hats and long sleeves on sunny ones.

Class Conduct

- Campers **MUST** follow all boathouse and safety rules. A camper who does not comply with the rules may be asked not to participate.
- Campers are expected to be courteous and encouraging to classmates, coaches and staff.
- Campers must stay with their group and focus on the activity the instructor has chosen.
- No gum during class. You may bring a water bottle. We provide water breaks and water is available for campers.

Arrival/ Departure

- Please do not drop off campers more than 30 minutes before class, or pick up children more than 30 minutes after class.
- While we understand that there are many circumstances that may lead to being late, if a camper arrives after boat line-ups are made, he/she may be required to wait for an appropriate time to rotate them into the activity.

• Please provide a lunch and/or snacks for your child while at camp. Lake Union Crew will not be providing food. Snacks are highly encouraged for all day campers. Don't let your rower skip the most important meal- breakfast!

Float Test and Waiver

- **All campers are required to take a float test** to verify that they are able to float and/or swim for at least 10 minutes. The float test form (below) should be taken to a public pool or YMCA where a certified Water Safety Instructor can conduct the test.
- Lake Union Crew **must have an ORIGINAL COPY** of the float test form. If you have participated in our camps in the past 3 years, we will have your test on file.
- All campers **must have a current Release of Liability Waiver**. We need a new waiver every calendar year, so if you participated last year, we will need you to fill out another one.
- Campers that do not have these forms **will not** be allowed to participate.

Please detach this portion and return to Lake Union Crew upon completion

Lake Union Crew Float Test Form

Every participant must successfully pass a float test prior to the first water session of our Junior Programs. It is also a membership requirement for those under 18 years of age in any of our regular Rowing Programs. In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for ten minutes. In the final minute of the test, you must put on a life vest while continuing to tread water. A ten minute float test is valid for 3 years.

Float tests must be given at public swimming pools or public beaches under the supervision of a lifeguard certified by the **American Red Cross**. Regular pool admission is charged.

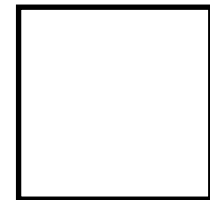
Name _____

Address _____

The above individual has successfully passed a float test as required for participation in Rowing Programs at **Lake Union Crew**.

Swimming Pool / Beach / Office Use Only

Identification Verified _____
(Initials)



Validation Stamp

Lifeguard Name _____

Signature _____ Date _____

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 12/31/11– 12/31/12, 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 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.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

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.