



VASHON
ISLAND JUNIOR CREW

Spring 2012



VASHON ISLAND JUNIOR CREW

A cooperative program of

Vashon Island Rowing Club and Vashon Park District

P.O. Box 79 - Vashon, Washington 98070

Welcome to the spring rowing program with the Vashon Island Junior Crew. The spring season will run from January 30 through May 21, 2012. You are invited to **attend our Parent Meeting, Thursday, February 2, 7:00 pm, at the Jensen Point Boathouse.** Meet the coach, learn what is planned for the season, get the schedule, and sign up to volunteer for the job of your choice.

Registration forms are due to the Vashon Island Park District as early as possible, and all other paperwork must be turned into the Park District before the first session on January 30. Here is a checklist to ensure all the proper steps have been completed:

_____ Park District Registration form - due for all applicants

The following paperwork is due for new rowers only. If you completed this for last fall season your paperwork will carry over for spring.

- _____ Float test
- _____ VIJC Code of Conduct
- _____ VIJC Health and Medical Record
- _____ Vashon Island Rowing Club Photo Release form
- _____ Vashon Island Rowing Club Waiver Form
- _____ USRowing Waiver

Participants will not be allowed to row until all required forms are on file with Parks.

Fees for the spring crew season are as follows:

Registration Fee of \$400 is due prior to January 30– payable to Vashon Island Park District.

Competitive fee of \$250 due February 15. For all rowers interested in competing Spring Season.

Varsity Team competitive fee of \$100 due March 15.

Select Team competitive fee of \$200 due March 30.

All competitive fees shall be made payable to "VIJC" and mailed to PO Box 79 or placed in the box in the boathouse.

Please note there may be additional costs for uniform pieces and rowing gear.

If you have questions, please contact Kim Goforth (VIJC Parent Advisor Committee President) at 567-5507 or kim@goforthgill.com





VASHON ISLAND ROWING CLUB

Photo Release Form

I hereby grant the Vashon Island Rowing Club permission to use my likeness in a photograph or video in any and all of its publications, including website entries, without payment or any other consideration.

I understand and agree that these materials will become the property of the Vashon Island Rowing Club and will not be returned.

I hereby irrevocably authorize the Vashon Island Rowing Club to edit, alter, copy, exhibit, publish or distribute this photo or video for purposes of publicizing the Vashon Island Rowing Club's programs or for any other lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph or video.

I hereby hold harmless and release and forever discharge the Vashon Island Rowing Club from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

I am 21 years of age and am competent to contract in my own name. I have read this release before signing below and I fully understand the contents, meaning, and impact of this release.

(Signature)

(Date)

(Printed Name)

(Date)

If the person signing is under age 21, there must be consent by a parent or guardian, as follows:

I hereby certify that I am the parent or guardian of _____, named above, and do hereby give my consent without reservation to the foregoing on behalf of this person.

(Parent/Guardian's Signature)

(Date)

(Parent/Guardian's Printed Name)

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 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.

2012 Vashon Island Rowing Club Liability Release Form

IN CONSIDERATION of being given the opportunity to participate in Vashon Island Rowing Club ("Club") Rowing Activities, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. **ACKNOWLEDGE**, agree and represent that I understand the nature and risk 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 Activities.
2. **REPRESENT** that I am a competent and confident swimmer and can tread water for 10 minutes.
3. **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 conditions in which the Activity takes place, the condition of equipment used in the Activity, or the negligence of the Releasees 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 Rowing Activities.
4. **AGREE AND WARRANT** that I will examine and inspect each of the Rowing Activities in which I take part as a member or guest of the Club 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 Rowing Activities and will refuse to take part in the Rowing Activities until the condition has been corrected to my satisfaction.
5. **HEREBY RELEASE**, discharge, and covenant not to sue USRowing, the Club, 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 Rowing Activities take 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 Releasees 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 costs which any may incur as a result of such claim.

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: _____ Date: _____

Address: _____

City, State, Zip: _____ Phone: _____

Signature (only if age 18 or over): _____

PARENTAL CONSENT

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 Rowing Activities, 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 Releasees, I **WILL INDEMNIFY, SAVE, AND HOLD HARMLESS** each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or costs any may incur as the result of any such claim.

Printed Name of Parent/Guardian: _____ Date: _____

Address: _____

City, State, Zip: _____ Phone: _____

Parent/Guardian Signature (only if participant is under the age of 18): _____

Disclaimer, Release and Waivers

Vashon Park District Refunds & Cancellations: Refunds will be issued only if requested no fewer than 7 business days prior to program start date OR in the event of documented medical reason or significant family emergency. ALL refunds will be assessed a \$25 processing fee.

Disclaimer: In consideration of the Vashon Park District allowing my participation in this class, I hereby consent to such participation, acknowledging the risks involved and assuming all such risks. I agree to release, indemnify and hold the Vashon Park District, their commissioners, coaches, instructors, volunteers, organizers, agents and employees, harmless from and against any and all claims, actions, suits, losses, liability, costs, expenses, and damages of any nature whatsoever, including costs and attorneys fees in defense thereof, for injuries, sickness, or death, which are caused by, or arise out of my participation in any portion of the program or any activity incidental thereto, provided, that nothing herein requires me to release, indemnify or defend for injuries, sickness or death caused by or arising out of the sole negligence of the Vashon Park District, their commissioners, employees or agents.

Signature: _____ Date _____
 (Parent/Guardian/Participant if 18+ years old signature)

Please print name _____

Photo Release:

I hereby give to Vashon Park District, its designees, agents, and assigns, perpetual, non-exclusive, royalty-free, and unlimited permission to use, publish and republish reproductions of my or my children's likeness (photographic or otherwise), with or without identification of me or them by name, in print, electronic, or any other medium, including but not limited to our web site and in any publicity or other materials.

Consent of parent or legal guardian if above individual is a minor

I consent and agree, individually and as a parent or legal guardian of the **minors name listed below**, to the foregoing terms and provisions.

1) _____ 2) _____ 3) _____

Signature of Parent or Legal Guardian _____ Date _____ Relationship to minor _____

Concussion Waiver:

I, _____, have read and understand the **Concussion Information sheet** provided by Vashon Park District and hereby release VPD, the VI School District, their employees, agents, volunteers, and designees from any liability related to my child suffering a Concussion/Head Injury while engaging in this activity. Parent/Guardian Initial _____

Mail completed form to: VASHON PARK DISTRICT, P.O. BOX 1608 Vashon, WA 98070 or
Place in the secure mail slot drop box on the north entrance of the District Office at Ober Park facing the parking lot or
Register online at www.vashonparkdistrict.org.

Vashon Island Junior Crew Code of Conduct

General Code of Conduct:

1. Show respect to coaches, teammates, competitors and volunteers at practices, trips, VIJC events and regattas.
2. Attend all practices unless excused by the coach.
3. Take care of equipment as though you paid for it yourself.
4. Provide 100% effort at all times.
5. Be a leader at all times.
6. Help out! Don't be a passive participant. When you see something that needs to be done, do it.
7. All team members are expected to be capable students maintaining a grade point average of 2.0 or above. It is the athlete's responsibility to notify the Coach if their GPA falls below 2.0. The coach will make accommodations for the athlete as they implement a study plan to regain a GPA of 2.0 or above.

Acts Leading to Expulsion (with no refund) from VIJC:

1. Possession of any dangerous weapon or object.
2. Use of or possession of alcoholic beverages, drugs, or narcotics not prescribed by a physician.
3. Destruction of defacing property or equipment.

Regatta Protocol

I am aware that traveling to regattas with Vashon Island Junior Crew is a privilege, not a right. I will represent myself, VIJC, and Vashon Island in the best manner possible by treating everyone and every team with respect and courtesy. I will obey the orders of my Coach and chaperones, and contribute to all activities as best I can.

I will remain at the race course throughout the regatta to cheer on my team mates and help as needed. I will obtain prior approval from the Coach if I find it necessary to leave early for any reason.

I will not go out alone at the hotel or race course, but travel with a buddy. I will obtain permission from the Coach (or chaperone, if coach not available) before leaving the hotel grounds or the race course.

I will avoid risky or illegal behaviors (alcohol, drugs, sex, etc). I understand and will observe any rules set forth by Coach or chaperones, eg, evening curfew, designated rest or sleep times, and study hall.

My parents and I understand that if I do not adhere to this code of conduct, my parents may be contacted and I may be asked to leave the regatta at my own expense. Parents who are not at the regatta should make arrangements to be available in case this is necessary.

I have read and understand the code of conduct expected of me by VIJC, and agree to abide by it.

Rower's signature: _____ Date: _____

Parent's signature _____ Date: _____

Vashon Island Junior Crew Personal Health and Medical Record

Please note: All the information from this form will be kept strictly confidential, and only used in case of a medical emergency.

Rower's name _____ Date _____

Date of birth _____ Age _____ Grade _____

Sex _____ Height _____ Weight _____

Name of parent or guardian _____

Telephone Home _____ Work _____

Cell _____

Home address _____

If person named above is not available in the event of an emergency, notify:

Name _____ Relationship _____

Telephone Home _____ Work _____

Cell _____

Name _____ Relationship _____

Telephone Home _____ Work _____

Cell _____

Name of personal physician _____

Telephone _____

Personal health/accident insurance carrier: _____

Policy Number: _____

EMERGENCY MEDICAL INFORMATION

Allergies _____

Current Medications _____

Any other medical conditions of note: _____

Consent for Medical Care

I _____ do hereby give consent for medical care in the event that I cannot be reached by phone, and give the Vashon Island Junior Crew coaches permission to act as legal guardians while my child is a participant in Vashon Island Junior Crew.

Signed (parent/legal guardians): _____