

HNA Crew

Winter 2016-2017 Program Information

Dates: November 21, 2016 – February 3, 2017. Spring season will start on Monday, February 6.
There will be no practice November 24–November 25 or December 19–January 2.

Practices: Monday-Friday: Mon.-Thurs, 3:15-6:15 p.m. Fri., 3:15-5:15 p.m.

Fees: \$180.00 for the season, due by Monday November 21. Pay [online at Family ID](#) or by check made payable to HNA Crew.

Location: Lake Union Crew - 2520 Westlake Avenue North, 98109.

**Parking/
Pick Up:** There is ample free parking in front of the boathouse as well as to the north and south. It is strongly recommended that vehicles **back into parking stalls** when possible to increase visibility when pulling out; the area is highly utilized by bikers, runners, and pedestrians. For pick-up, please keep traffic lanes clear (i.e., do not stop, hover, wait for your daughter in the middle of the lot).

Parent Meeting: There is no parent meeting for Winter Crew.

Events: Participation in [Northwest Ergomania](#), an indoor erg competition, on **Saturday, January 28**, is highly encouraged. This year's event will take place at the Rainier Community Center (4600 38th Ave S, Seattle, WA 98118).

Participation in the [USRowing Junior National Team Identification Camp](#) is also a great opportunity to learn more about the Junior National Team (JNT) system and potentially be invited to participate in JNT summer camps. The ID Camp is a one-day event that usually occurs on a weekend in February. Exact date TBD.

Eligibility: All winter participants must have learned to row during the summer or fall seasons.

100% compliance on the eligibility requirements below must be met before rowers will be cleared to participate fully in practices. ***If your athlete participated in Fall Crew, only [Family ID registration and payment](#) are required.***

Checklist: **To be submitted to Coaches (enclosed)**

- HNA Winter Crew Program Fee
- USRowing Waiver of Liability (below -- submit printout) – only if new to the team in 2016
- Float Test (below - submit printout) - only if new to the team in 2016

To be submitted to HNA Athletics (online)

- Complete FamilyID registration and three agreements
- Submit WIAA Pre-Participation Physical Eval and History – only if new to the team in 2015 or expired

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 12/31/15 – 12/31/16, 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.

Holy Names Academy Crew Float-Test Form

PRINT THIS PAGE

All HNA rowers and coxswains are required to take a float test in order to verify that they are able to float and/or swim for at least 10 minutes. Print this page and take the float test form (below) to a public or private pool where a **Certified Water Safety Instructor** can conduct the test.

Holy Names Academy must have an **ORIGINAL COPY** of the float-test form. If you have participated in the Lake Union Crew/Holy Names Academy summer camps in the past three years, you may not have to re-take the test as long as we can locate your form.

You are exempt from taking the float test:

- If you are a CURRENT Lifeguard or Water Safety Instructor (WSI); submit a copy of your card.
- If you have a current Scuba Certification Card or equivalent; submit a copy of your card.
- If you have a swim/float test on file with another club, you may submit an original copy of that test.

Procedure

In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for 10 minutes. In the final minute of the test, you must put on a life vest while continuing to tread water. A 10-minute float test is valid for three years.

Swimming Pool / Beach / Office Use Only

Participant: _____
First Name Last Name

Address: _____
Street

City State ZIP

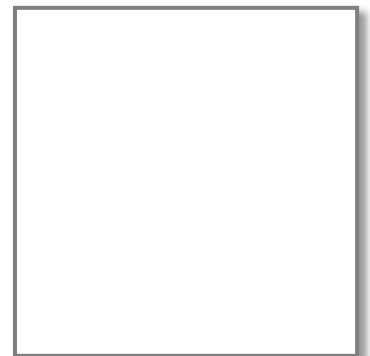
Lifeguard: _____
First Name Last Name

Participant Identification Verified? _____
(Lifeguard Initials)

*The above individual has successfully passed a float test as required for participation in **Holy Names Academy Crew programs**.*

Lifeguard Signature: _____

Date: _____



**Pool/Beach
Validation Stamp**