

2021 Orillia Rowing Club Registration Form

Tudhope Park, 500 Atherley Road, Orillia
P.O. Box 981
Orillia, ON L3V 6K8

email: info@orilliarowingclub.com
website: www.orilliarowingclub.com
phone: 705-326-3519

Personal Information – Please print clearly

Full Name:		Referred by:	
Address:			
City:	Postal Code:	Date of Birth (MM/DD/YR):	
Telephone: Home:	Cell:	Day:	
Email:		Parent/Guardian Email (youth under 18):	
Please list any medical conditions and allergies:			

Emergency Contact Information

Name (first and last):	Relationship:
Home phone:	Work / Cell:

Membership Type and Fees Payable

Full Season Membership: Adult	Total
Fees include mandatory Row Ontario & Rowing Canada fees	\$400.00
Discounted rate if fee paid in full by Tue. June 1	\$375.00
5-Row Card: Adult	Total
Usable for 5 rows, first card cost includes one-time mandatory Row Ontario & Rowing Canada fees. You can purchase multiple 5-cards to a maximum of the annual fee.	\$160.00
Subsequent cards - (please note - cannot upgrade from a 5-card to a 12-card)	\$108.00
12-Row Card: Adult	Total
Usable for 12 rows; includes mandatory Row Ontario & Rowing Canada fees.	\$300.00

Performance Competitive Program

C1 Stream: for rowers 14 – 25 years old who are new to competitive rowing or have other interests that keep them from having more time to devote to rowing at Stream 2 level. Training: 3 – 6 training sessions per week	Total
Fees include mandatory Row Ontario & Rowing Canada fees	\$400.00
C2 Stream: for rowers 14 – 25 years old who aspire to race in future seasons in regional or provincial level regattas, with possible participation in national domestic regattas. This stream is also for those to aspire to be an elite rower and goals include University Varsity Rowing, Canada Summer Games Team, and/or National Team. Entry to C2 Stream is by Head Coach approval. Training: 5 – 9 training sessions per week; Includes 12-month training program	Total
Fees include mandatory Row Ontario & Rowing Canada fees	\$700.00

OR Two e-transfer payments: first by June 30, 2021 \$450.00 and & second by August 31, 2021 \$250.00	\$700.00
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Learn-to-Row in Crew Boats – for Youth and Adults

5-day program Mon. – Fri with Sat. if needed due to weather. Lesson start time is 9:15 am. lasting 1.75 hr. (We will try to accommodate for those needing early morning or evening lessons if possible.) Program starts in wide stable touring shells and progresses to racing shells. Includes: all instruction and coaching, use of equipment, and ORC T-shirt. Space is limited.			\$225.00		
Week of July 12 – 16	Week of July 26 - 30	Week of August 9 - 13			
Please select your t-shirt size:	XS	S	M	L	XL

Outdoor Erging (Rowing Machine) Classes

Learn correct rowing technique on the rowing machine and gain an appreciation of the rowing machine as a fitness tool. Weekly workouts will be given and some stretching will be included. All participants are encouraged to work at their own level. This class is open to all youth aged 13+ and adults of varying athletic backgrounds and abilities.	\$70.00
Weekly classes for 6 weeks every Wednesday 6:00 – 7:00 pm. starting Wed. Sep. 1 on the boathouse outdoor deck.	
Space is limited. Classes will run with a minimum of 3 participants. Register in advance by sending this completed form & e-transfer to orilliarowingclub@gmail.com	

Volunteer Participation – All Rowers

The Club relies on and appreciates the volunteer participation of all its rowers and associates in support of Club operations. Hopefully at some point in late 2021/early 2022, we will need the support of rowers and parents of students with fundraising by working 4.5-hour shift(s) at Bingo. The Board of Directors of the Orillia Rowing Club will only resume Bingo when we feel that it is deemed safe to do so.	
full season member, performance competitive program - 2 bingo shifts	
12-row card rower - 1 bingo shift	Rowers may choose a buyout for \$100 per bingo shift instead of working.
5-row card rower - volunteer if you can	Maximum required bingo shifts per family is 4.

Release, Waiver of Liability and Assumption of Risk

- This is a binding legal agreement. **Clarify any questions or concerns before signing.** As a participant in the spectating, orientation, instruction, activities, programs, and services of Rowing Canada Aviron, Row Ontario, and The Orillia Rowing Club (collectively the "Activities"), the under-signed acknowledges and agrees to the following terms:

Disclaimer

- Rowing Canada Aviron, Row Ontario, and The Orillia Rowing Club, their respective, directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

I have read and agree to be bound by paragraphs 1 and 2

Description and Acknowledgement of Risks

- I understand and acknowledge that
 - The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming; and
 - The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction.

4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:
- a) Executing strenuous and demanding physical techniques;
 - b) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - c) Exerting and stretching various muscle groups;
 - d) The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - e) Spinal cord injuries which may render me permanently paralyzed;
 - f) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body or to my general health and well-being;
 - g) Abrasions, sprains, strains, fractures, or dislocations;
 - h) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
 - i) Physical contact with other participants, spectators, equipment, and hazards;
 - j) Not wearing appropriate safety equipment when required or recommended, such as a life jacket;
 - k) Failure to act safely or within my own ability or within designated areas;
 - l) Equipment failure;
 - m) Drowning;
 - n) Negligence of other persons, including other spectators, participants, or employees;
 - o) Privacy breaches, hacking, technology malfunction or damage;
 - p) Weather conditions which may result in hypothermia;
 - q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's Activities; and
 - r) Negligence on the part of the Organization, including failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with my participation in the Activities.

I have read and agree to be bound by paragraphs 3-4

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental or physical condition;
 - b) To comply with the rules and regulations for participation in the Activities;
 - c) To comply with the rules of the course, facility, or equipment;
 - d) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring such to the attention of an Organization representative immediately;
 - e) That the Organization does not undertake to provide health, accident, disability, hospitalization, personal property or other insurance for me in the Activities and I affirm that I have ascertained appropriate insurance to protect myself;
 - f) The risks associated with the Activities are increased when I am impaired and I agree not to participate if impaired in any way;
 - g) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
 - h) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity; and
 - i) That I am responsible for my choice of safety equipment and the secure fitting of the safety equipment.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:
- a) That the sole responsibility for my safety remains with me;
 - b) To ASSUME all risks arising out of, associated with or related to my participation;
 - c) To WAIVE any and all claims that I may have now or in the future against the Organization;
 - d) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
 - e) To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
 - f) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
 - g) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

7. I agree that in the event that I file a lawsuit against the Organization, I agree to do so solely in the province of Ontario, Canada and further agree that the substantive law of Ontario will apply without regard to conflict of law rules. I further agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

I have read and agree to be bound by paragraphs 5-7

Agreement and Acknowledgement

8. I further agree and acknowledge that:

- a) I (and my parent/guardian if under 18) confirm that I have reviewed the provided Concussion Resource at the following link:
 - a. Age 15+: <https://www.rowontario.ca/uploads/2019/11/15.pdf>
 - b. Age 11 - 14: <https://www.rowontario.ca/uploads/2019/10/11-14.pdf>
- b) I agree to follow the rules and regulations posted in the boathouse as amended from time to time by the Board, and assume responsibility for examining such information for changes and additions;
- c) I have reviewed and agree to follow the club's code of conduct at the following link: <http://orilliarowingclub.com/documents/CodeOfConduct.pdf>
- d) I acknowledge and confirm that I can swim; (Minimum: tread water for 1 min., followed by swim 50 m. any stroke, put on PFD while in water)
- e) I am familiar with and understand the dangers associated with cold weather and water, specifically hypothermia and how to deal there-with should an accident occur;
- f) I agree to immediately notify a Club officer or employee of all incidents within my knowledge affecting the Club or its members; also regarding any obstruction or situations in or on the water and surrounding banks;
- g) I give permission for the Club to obtain and use photographs and/or videotaped footage for training and/or promotional purposes.
- h) I give permission for the Club to put my phone number and email address on a list in the boathouse for use by members when arranging crew and row times for the current rowing year.

I have read and agree to be bound by paragraphs 8

Acknowledgement

I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Athlete Signature: _____ Guardian (participants under 18): _____ Date: _____

Parental Consent (for members under age of 18)

I request that my son/daughter be allowed to participate in rowing/sculling as provided by the Orillia Rowing Club. I acknowledge that the Release, Waiver of Liability and Assumption of Risk document, signed by my son/daughter has been read by me and I agree with the contents. In consideration of my son/daughter being allowed to participate, I for myself, Heirs, Executors, Administrators and Assigns, hereby release and forever discharge and hold harmless the Orillia Rowing Club, its Directors, Officers, Agents, Officials, Members or Employees, from any liability for injury, death, loss or damage to property, sustained by my son/daughter, named above, howsoever caused, arising out of, or in connection with the said son's/daughter's participation in rowing/sculling activity, notwithstanding any negligence contributed or occasioned by the Orillia Rowing Club, its Directors, Officers, Agents, Officials, Members or Employees.

Guardian's Name (print): _____ Guardian's Signature: _____ Date: _____

Concussion Code of Conduct – Athlete and Participant

In recognition of the potential seriousness of a concussion, I, _____, commit to following the concussion protocols and expectations highlighted below.

I will help prevent concussions by:

- Respecting the rules of my sport.
- Being committed to fair play and respect for all, including other athletes, coaches, and umpires.

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a brain injury that can have both short and long-term effects.
- A blow to my head, face or neck, or body that causes the brain to move around inside the skull may cause a concussion.

- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including if I think I might have a concussion I should stop participating in further training, practice or competition immediately and tell a coach; as well as reporting to my coach if I think another participant has a concussion.
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, umpire, parent or another adult I trust if I experience any symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, umpire, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with my school and any other sport organization where I am registered.

I will take the time I need to recover, because it is important for my health.

- I understand my commitment to following the return-to-sport process.
- I will respect my coaches, parents, health-care professionals, and medical doctors/nurse practitioners, regarding my health and safety.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.

Athlete Signature: _____ Guardian (participants under 18): _____ Date: _____

Annual Safety Review – RCA Video and ORC Safety Quiz

By signing here, I confirm that I have watched and understand everything covered in Rowing Canada safety video (Chapters 1 to 4) at the attached link: <https://www.youtube.com/watch?v=vVOCsfJna3Q>. I also confirm that I have completed the club's safety quiz and reviewed the answers at the following link: <http://orilliarowingclub.com/documents/SafetyQuiz.pdf>

Athlete Signature: _____ Guardian (participants under 18): _____ Date: _____

Participant Signature and Agreement

I have fully completed the registration form above and agree to pay all the fees that apply to me in full. I understand and acknowledge that should cancellation of full season membership be applied for **in writing** and granted (at the discretion of the Board) **prior to July 1, 2021**, an \$80.00 non-refundable registration fee will apply and the remainder of the season will be prorated. Thereafter membership fees will not be refunded.

Participant Signature: _____ Guardian (participants under 18): _____ Date: _____

Payment of Fees

Amount Paid:	E-transfer: send to orilliarowingclub@gmail.com
Date Paid:	Confirmed by: _____ RCA/RO Membership ID: _____