



HUMBOLDT BAYROWING ASSOCIATION MASTERS 2016 Summer Rowing

The HBRA Masters rowing team is an organization of rowers with the focus of teaching skill of rowing for both recreation and competition. Our goal as a club is to expand the sport in Humboldt County so no experience is necessary to join us.

PRACTICES ARE TUESDAY AND THURSDAY FROM 5:30PM – 7:30PM, AND SUNDAY FROM 8:00AM- 10:30AM

Costs: \$50.00 per two-week session. Payment is expected on the first day of attendance and can be cash or check made out to Humboldt Bay Rowing Association. For rowers wishing to continue with the program you will be billed through email. Payments can then be made electronically or via cash or check to the lockbox in the boathouse.

For questions about payments and billing please email our team treasurer at payments@hbhra.org

Forms: New Rowers please make sure the following forms have been completed and turned in to the coach on the first day of attendance.

___ - USRowing Waiver

___ - Rower Information Form

___ - Swimming Certification

WHAT ROWERS NEED TO BRING TO PRACTICE:

Snug fitting clothes – long sleeve wool shirts and spandex shorts is my rowing attire of choice because it stays warm when wet and stays out of the way of the oars and rolling seat. Thick socks are also a good idea

Water bottle – full of water

Inexpensive workout shoes

Sunglasses – inexpensive ones good enough to protect the eyes from the sun.

GREAT RESOURCES FOR INFORMATION:

hbhra.org – team website.

usrowing.org – official US Rowing website

row2k.com – good source for rowing current events and race results

Facebook – [Humboldt Bay Rowing Association](https://www.facebook.com/HumboldtBayRowingAssociation) – open page to all

Scott Gibson (Programs Director) – contact me any time: hbajrcoach@me.com, 707/845-4752 – call or text

Julia (Masters Coach) – juliasmith@aol.com

HUMBOLDT BAY ROWING ASSOCIATION

SAFETY RULES

The following rules reflect our concern for the safety of our rowers, coaches, parents, administrators and officials.

Obvious safety rules include but are not limited to:

- Do not enter the water unless a coach is present.
- No pushing, or horseplay of any kind at, or around the boathouse.
- Chewing gum is not permitted during practice or race events.
- Possession or use of alcohol, tobacco products, controlled substances or weapons is prohibited.
- All rowers must remain at the boathouse until practice is over unless arrangements have been made with the coach in advance.
- Hair longer than shoulder length must be bound during practice.
- The changing rooms are for one person at a time, please wait your turn.
- Proper respect, sportsmanship, and courtesy towards coaches, officials, parents, competitors and team members will help to ensure the safety of members of our team.

CODE OF CONDUCT

Humboldt Bay Rowing Association is a community of rowers, coaches and parents. Our goal is to foster a cooperative atmosphere, working together to make this the best team it can be. Please remember that you are representing the club whenever you are involved with any HBRA activity.

It is HBRA policy that the following behaviors are unacceptable:

1. Disrespect to coaches.
2. Disruption of team activity, willfully disobeying coaches or officials or authority.
3. Disregard for basic safety for self or others.
4. Verbal harassment or use of profanity.
5. Causing, attempting to cause, or threatening to cause physical injury to another person.
6. Purposefully damaging or stealing team property.
7. Possession or use of drugs, alcohol, tobacco or weapons.

Discipline will be handled by the coaches and the board of directors, in accordance with the Humboldt Humboldt Bay Rowing Association Participant Safety Policy (which can be found under the safety tab at hbra.org).

Consequences will include, but are not limited to:

1. Warning of inappropriate behavior.
2. Time-out.
3. Removal from practice... parent will be notified to pick rower up.
4. Probationary period or suspension followed by probationary period.*
5. Dismissal from the team.*

* An appeal may be made to the Board of Directors; however, the decision of the board will be final.

Parents are expected to treat coaches and officials with respect and to abide by the team code of conduct



2016 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

This is THE USRowing Release of Liability, which should be copied for your use.

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.

Participant’s Name (Printed)

USRowing # Date of Birth

/ /

Street Address

City State Zip

Participant’s Cell # (if applicable)

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Participant’s Signature Date Signed

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Participant’s Email address (if applicable)

Organization: Humboldt Bay Rowing Association

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.

Parent/Guardian Name (Printed)

Street Address

City State Zip

Cell Phone Home Phone

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Parent email address

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

Humboldt Bay Rowing Association Humboldt

Swimming Certificate of Competence

Crew is a water sport that carries with it certain basic risks. Humboldt Bay Rowing Association plans activities and crew practice on Humboldt Bay. Crew members may unexpectedly land in the water for the following reasons:

Boat flipping over

Boat collision with another water craft

Ejection from the boat as a result of “catching a crab”

Falling off of a platform or dock

Unauthorized swimming in bay

Although all practices and regattas are supervised by coaches, a boat may go out of sight of the coach because of the physical geography of the bay, boat positions in a regatta, or other less predictable circumstances. Accidental immersion in cold water can occur at any time, although all efforts to minimize accidents of this kind will always be in place.

All crew members must be competent swimmers. To participate in this program, you must confirm your ability to swim.

I certify that I am a competent swimmer and fit to participate in the sport of rowing.

Please Sign, date and return to coach.

2016 HBRA ROWER & EMERGENCY CONTACT INFORMATION

ROWER INFORMATION:

Rower #1:

Rower's First Name _____ Middle Name _____ Last Name _____

Rower's: Age _____ Sex _____ Birth date _____

Rower's Email: _____ Rower's Phone _____

Rower #2:

Rower's First Name _____ Middle Name _____ Last Name _____

Rower's: Age _____ Sex _____ Birth date _____

Rower's Email: _____ Rower's Phone _____

PARENT/GUARDIAN INFORMATION:

Name(s): _____

Street Address: _____

City: _____ Zip Code _____

Phone Numbers (Home): _____

Cell Phone Numbers: _____

Work Phone Numbers: _____

E-Mail Addresses: _____

EMERGENCY INFORMATION

Emergency phone (i.e. work phone, grandparents, et c.) _____

Doctor's Name: _____ Doctor's Telephone Number _____

Rower's allergies/health/behavior concerns we should know about: _____

Signed: _____