

Health Information

Rower Name _____

Address _____ City _____ Zip _____

Date of Birth _____ Ht _____ Wt _____

Medical History / Disclosures:

Allergies _____

Physical limitations _____

Medications _____

Date of last physical exam _____

IN CASE OF EMERGENCY, CONTACT:

FIRST:

Name _____

Home Phone # _____ Work Phone # _____

Cell Phone # _____

BACK UP:

Name _____

Home Phone # _____ Work Phone # _____

Cell Phone # _____

Doctor's name and phone number _____

Dentist's name and phone number _____

The participant joining Lake Oswego Community Rowing is of good health and has successfully completed a certified swimming course and is capable of swimming for up to 10 minutes.

Parent or Guardian signature

_____ Date _____

I allow the coaching staff at Lake Oswego Community Rowing to transport to, or call for emergency help if they warrant it necessary for my son/daughter:

Parent or Guardian signature

_____ Date _____

Athlete & Parent Information

Coaches and parent volunteers communicate frequently with athlete families. **Telephone and email contact information is mandatory for athlete and parent(s).** This information will be used for the team rosters.

PLEASE PRINT CLEARLY

Rower name _____ Email _____

Address _____ City _____ Zip _____

Athlete cell phone _____ Home phone _____

School _____ Year _____ DOB _____ Ht _____ Wt _____

Team (circle one) Varsity Girls Varsity Boys Novice Girls Novice Boys

Parent name (mom or dad) _____

Work phone _____ Home phone _____

Cell phone _____ Occupation _____ (optional)

E-mail address _____

Parent name (mom or dad) _____

Work phone _____ Home phone _____

Cell phone _____ Occupation _____ (optional)

E-mail address _____

Parent address (if different than above and would like to be included in mailings, roster):

Name _____ Email _____

Address _____

City _____ State _____ Zip _____

Phone _____ (best phone to be reached)

Lake Oswego Community Rowing PO Box 369, Lake Oswego, OR 97034 www.lorowing.com

Lake Oswego Community Rowing Participation Waiver

Please print clearly

Date _____
Printed Name of Participant _____

Parent Name _____

Address: _____ City _____ Zip _____

(W) Phone _____ (H) Phone _____ Cell _____

DOB _____ **Junior athletes must be at least entering the 8th Grade to join the LOCR Junior Rowing Team.**

IN CONSIDERATION of being given the opportunity to participate in any Lake Oswego Community Rowing ("CLUB") or City of Lake Oswego activity, and IN CONSIDERATION of being given the opportunity to participate in any USRowing activity all including scheduled, supervised club activities, and registered regattas I, for myself, my personal representatives, assign, heirs, and next of kin:

1. 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. 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 Releasee 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. 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 unacceptable 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. HEREBY RELEASE, discharge, and covenant not to sue the CLUB, it's officer's, director's, members or employees, the City of Lake Oswego, Lake Oswego Parks & Recreation Department and all of their administrators, directors, agents, officers, volunteers and employees, 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 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 intent 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.

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:

Name _____ Signature _____