

ORU-PDX Junior Team
Emergency Medical Release
(to be completed by Parent or Legal Guardian)



Name of Athlete _____

Birthdate _____ Height _____ Weight _____

Address _____

City _____ Zip Code _____ Email _____

Home Phone _____ Cell Phone _____

Any Known Allergies (include food allergies) _____

Special Medical Conditions / Limitations _____

Medications Athlete is Taking _____

Does the Athlete carry an inhaler? YES ___ NO ___ Does the Athlete carry an epi-pen? YES ___ NO ___

Medical Insurance Company _____ Policy/Group Number _____

Primary Physician _____ Phone _____

Dentist _____ Phone _____

Emergency Contacts (in addition to the parent or legal guardian named below)

1. Name _____ Phone _____

Relationship to athlete _____

2. Name _____ Phone _____

Relationship to athlete _____

In the event of an accident or injury to my child, or in the event of illness of my child while in, on, or about the premises of Oregon Rowing Unlimited-PDX (ORU-PDX), or while participating in any activity sponsored by or under the auspices of said organization under circumstances where I am unable to consent or am not present:

I hereby authorize and consent to the administration of any and all medical, dental, and surgical examinations or operations and treatment or all other related care, including the administration of drugs, tests, anesthesia, and/or blood transfusions to my child that may be ordered by a physician and/or dentist in attendance at the medical center deemed necessary for emergency treatment. I authorize any officer, employee, or volunteer of ORU-PDX coaching, administrative, or volunteer staff to consent to such medical care, attention, or treatment. I understand that ORU-PDX and its officers, employees, and volunteers assume no financial obligation or liability in the case of my child's accident, injury, or illness. I agree to pay the cost of such medical care, attention, or treatment and to indemnify and hold harmless ORU-PDX, its officers, members, staff, volunteers, and coaches or any other members thereof from any and all liability for such treatment, care, or attention including hold them harmless from any litigation expenses, attorney's fees, loss, liability, damage, or costs they may incur due to a claim made against any of them, whether the claim is based on their negligence or otherwise.

ORU-PDX will attempt to contact me before my child is treated, but treatment will not be withheld if I cannot be reached.

Signature of Parent or Legal Guardian _____ Date _____

Home Phone _____ Cell _____ Work _____

Email _____

ORU-PDX Junior Team Swim & Float Test



Safety is ORU-PDX's highest priority. Prior to participating in any water-based workout, all athletes must pass a swim and float test administered by a lifeguard or swim instructor certified by the American Red Cross or YMCA. (This test can also be satisfied with a copy of an athlete's current WSI or Lifeguard certification). This signed form will be kept on file at Oaks Park Community Boathouse for the duration of the athlete's involvement with ORU-PDX.

The swim and float test may be conducted for a nominal fee at fitness clubs, city pools, or recreational centers. Please call ahead to make sure the facility can accommodate you. Print and take this form with you. Area pools include, but are not limited to:

- **Southwest Community Center Indoor Pool**
6820 SW 45th Avenue, Portland, OR 97219
503-823-2840
- **East Portland Community Center Indoor Pool**
740 SE 106 Avenue, Portland, OR 97216
503-823-3450
- **Mt Scott Indoor Pool**
5530 SE 72nd Avenue, Portland, OR 97206
503-823-3183
- **Lake Oswego School District Swim Pool**
2400 Hazel Road, Lake Oswego, OR 97035
503-534-2330
- **Tualatin Hills Conestoga Recreation Center**
9985 SW 125th Avenue, Beaverton, OR 97008
503-629-6313

SWIM & FLOAT TEST REQUIREMENTS

1. In deep water, and while wearing typical rowing apparel (shorts and a t-shirt, no shoes), float or tread water for a continuous 10-minute period.
2. While continuing to float, put on a personal flotation device (PFD) without touching the sides or bottom of the pool.

I certify that the participant named below has successfully passed the ORU-PDX Swim & Float Test:

Participant's Name (Please Print)

Name and Signature of Certified Lifeguard/Swim Instructor who administered the Swim & Float Test

Name of Pool Facility

Test Date

ORU-PDX Junior Team Liability Waiver



By signing below, I hereby verify that I have read and fully understand each of the following conditions for participation in Oregon Rowing Unlimited-PDX's (ORU-PDX's) Summer Learn-to-Row Camp, and on behalf of myself (if 18 years old) or my child, I accept each of the conditions below, especially the waiver and release set forth below. I hereby:

1. ACKNOWLEDGE and represent that I understand the nature of a Rowing Activity ("Activity") and that I am qualified, in good health, and in proper physical condition to participate in such Activity and that (a.) I can float or tread water for 10 minutes unassisted as indicated in my successfully completed Swim & Float Test form; (b.) I am at least 5'3" tall and weigh no more than 190 lbs; (c.) I am able to lift 25 lbs overhead.
2. FULLY UNDERSTAND that (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including collision with other boats, contusions or concussions, hypothermia, sunburn, back strain, hairline fractures, permanent disability, paralysis, drowning, and death; (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 participant of ORU-PDX 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. HEREBY RELEASE, discharge, and covenant not to sue ORU-PDX, its administrators, directors, agents, officers, volunteers, and employees, 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 or first aid 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. Furthermore, I assume complete responsibility for any property damage and/or personal injury that I cause, and will hold ORU-PDX (including administrators, directors, agents, officers, volunteers, and employees) harmless therefrom.

I understand this agreement is a contract and shall remain in effect for the duration of my participation and use of ORU-PDX facilities, equipment, and/or programs, and shall continue thereafter as to any occurrence during my participation and use of such facilities, equipment, and/or programs. This agreement shall bind my heirs, personal representatives, assigns, and all members of my family, including minors. 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.

I REPRESENT THAT I HAVE READ THIS RELEASE OF LIABILITY AND INDEMNITY AGREEMENT, AND THAT I FULLY UNDERSTAND ITS CONTENTS AND SIGN IT OF MY OWN FREE WILL.

Signature of Participant (if 18 yrs or older)

Date

Signature of Parent or Legal Guardian

Date

ORU-PDX Junior Team Media Release



I hereby grant permission for audio recordings, video recordings, and/or digital photographs to be taken of my child(ren) during activities associated with, or entered into, with Oregon Rowing Unlimited-PDX (ORU-PDX) and its authorized representatives, including coaches, Board members, and volunteers. I authorize ORU-PDX and persons associated with the club to use audio recordings, video recordings, and/or images (collectively "media") of my child(ren) on its website, social media streams, and printed promotional materials without further consideration. I understand that the use of such recordings or images shall be without payment of fees, royalties, special credit, or other compensation. I acknowledge ORU-PDX's right to process the media (such as cropping and editing) at its discretion. The usage of photos of minors will not include names or any other identifying information unless first approved by a parent or a legal guardian.

By signing this form, I agree to all of the above and release copyright on all images and videos taken by representatives of ORU-PDX.

Signature of Participant (if 18 yrs or older)

Date

Signature of Parent or Legal Guardian

Date

ORU-PDX Junior Team Regatta Policies



My child, named below, has permission to attend and or participate in rowing events entered into by Oregon Rowing Unlimited-PDX (ORU-PDX).

I understand that I will be notified in advanced of any rowing events in which my child chooses to participate, and that these events may be local, in or out of the state or country.

I understand that I am responsible for transporting my child to and from such events. I understand that my child may not drive to regattas, nor accompany other junior athletes of ORU-PDX where no parental supervision is present.

I understand that I am responsible for arranging and paying for overnight lodging accommodations that may be required during a regatta, and that I am responsible for providing parental supervision for the duration of such regatta.

I understand that regatta entry fees, regatta administrative fees, insurance and fuel costs associated with hauling the boats and the food trailer to and from the regatta, as well as coaching expenses will be determined prior to the regatta and will be assessed to all rowers attending the event. All athletes are required to provide full payment of assessed travel fees prior to departure from Portland. There is no discount for rowers who participate in or attend only a portion of a regatta.

I understand that whenever my child attends a rowing event, it is his/her responsibility to obtain a copy of the regatta information sheet from the ORU-PDX web page, which includes details about the event, location, date of departure and return, travel and lodging arrangements, cost to each rower, etc.

I understand that my child is expected to remain at the regatta until racing is complete. Athletes may depart with parents only after the trailer is completely loaded. In the event that my child needs to arrive late or leave early from a regatta, permission must first be obtained from my child's coach.

I understand that my child is expected to represent ORU-PDX in a respectful manner, both on and off the water. Good manners and sportsmanship are expected at all times. If a coach receives a complaint about a specific athlete (or a group of athletes) while traveling to races, either at the race site or at the hotel, the athlete(s) may be barred from racing at the regatta and/or future regattas.

I have carefully read this permission form and fully understand its content. I have also discussed the ORU-PDX Regatta expectations and protocol with my child, who is a participating Junior Team member.

Athlete's Name (Please print)

Parent's Name and Signature

Date

ORU-PDX Junior Team Program Fees & Policies



Program Fees

Junior Team Beginner

Requirement: Participant has been rowing less than one year or is under 13 years of age
Days: 2-3 days per week (to be arranged with Coach)
Amount: \$195.00 per month**

Junior Team Experienced

Requirement: Participant has been rowing one year or more, and is 13 years of age old or older
Days: 5 days, Monday to Friday
Amount: \$250.00 per month**

Fee Discounts

Second Junior Team family member receives \$50/month discount
Third Junior Team family member receives \$75/month discount

****Monthly program fees do not include expenses associated with regatta participation.**

Payment Due Date/Process

- Account Holders will be emailed monthly invoices to be paid online. I
- If a rower participates in any days in the month, the full fees are due.
- Payments are due by the fifth day of the month.
- Payments received after the fifth day of the month will incur a \$25.00 late fee if prior notification is not received.
- Payments not received by the 10th day of the month will make the rower ineligible for practice unless prior arrangements are made with the ORU-PDX coaches. Please contact ORU-PDX if additional time is needed for payment.

Regatta Fees

Every effort will be made to email regatta details, including travel, entry and lodging information, and payment due dates, to parents and athletes at least one week prior to a regatta. In some instances where air travel is involved, rowers may be asked to pay for plane tickets several weeks prior to departure. Late payment of fees may jeopardize a rower's eligibility to attend a regatta.

Racing Uniform Fees

All athletes are required to purchase custom competition logo-wear from JLRacing and/or Kadmark (a Tualatin-based vendor). The JLRacing online Team store, which offers custom rowing apparel at a discounted rate, is open to ORU-PDX members on a limited basis a few times a year and is coordinated by an ORU-PDX Parent Volunteer. Payment for orders placed with either vendor is required at the time the orders are placed.

I have carefully read the ORU Program Fees & Policies document and fully understand its contents and my responsibility in paying program, regatta, and uniform fees.

Athlete's Name (Please print)

Name & Signature of Parent/Legal Guardian Responsible for Payment

Date

(If two or more parents/legal guardians share responsibility for payment, a separate form should be completed by each party).