

ORU-PDX Junior Team Contact Information

(to be completed by Parent/Guardian)



Name of Athlete _____ Date _____
Birth Date _____ School _____ Grade _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Cell _____ Email _____

Name of Parent/Guardian _____ Relationship to Athlete _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Cell _____ Email _____

Name of Parent/Guardian _____ Relationship to Athlete _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Cell _____ Email _____

ADDITIONAL PARENT/GUARDIAN CONTACTS (if applicable):

Parent/Guardian _____ Relationship _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Cell _____ Email _____

Parent/Guardian _____ Relationship _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Cell _____ Email _____

PLEASE PLACE AN "X" ON ONE OF THE FOLLOWING:

_____ I, Parent/Guardian, give permission to include contact information (name of athlete, name/s of parent/guardian, mailing address/es, email address/es, phone numbers) in an ORU Junior Team Online Directory/Roster, to be shared with ORU Junior Team parents and athletes only.

_____ I, Parent/Guardian, do not give permission to share contact information in an ORU Online Junior Team Directory.

Parent/Guardian Completing Form (Please Print)

Signature of Parent/Guardian Completing Form

ORU-PDX Youth Emergency Medical Release



Name of Athlete _____ Grade _____ Birthdate _____

Address _____

City _____ Zip Code _____ Email _____

Home Phone _____ Cell Phone _____

Allergies (include food allergies) _____

Date of Last Tetanus _____

Special Medical Conditions _____

Medications Athlete is Taking _____

Medical Insurance Company _____ Policy/Group Number _____

Primary Physician _____ Phone _____

Dentist _____ Phone _____

Emergency Contacts (in addition to the parent/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.

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/Guardian _____ Date _____

Home Phone _____ Cell _____ Work _____

Email _____

ORU-PDX Youth Swim and Float Test



Safety is ORU-PDX's highest priority. Although the risk of drowning while participating in the sport of rowing is minimal, it is possible. Therefore, prior to participating in any water-based workout, all athletes must pass a swim and float test performed by a certified lifeguard or swim instructor. This form will be kept on file at Oaks Park for the duration of the athlete's involvement with ORU-PDX.

Swim tests may be conducted at a variety of public swim facilities for a nominal fee. These 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
5030-534-2330
- **Tualatin Hills Conestoga Recreation Center**
9985 SW 125th Avenue, Beaverton, OR 97008
503-629-6313

INSTRUCTIONS

The following ORU-PDX Swim and Float test must be administered and signed off on by a certified lifeguard or swim instructor. Participants are to return signed forms to an ORU-PDX Coach:

1. Swim any stroke or combination of strokes for an uninterrupted 10 minute period.
2. Float or tread water for 10 minutes without touching the sides or the bottom of the pool.

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

Participant's Name (Please Print)

Signature of Certified Lifeguard/Swim Instructor

Facility Where Test Was Conducted

Test Date

Parent/Guardian Signature

ORU-PDX Junior Team Travel Permission Form



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

I understand that I will be notified in advanced of any rowing events in which my child chooses to participate, that these events may be local, in or out of state or country, and that travel to and from such events may be by car, van, bus, train or plane.

I understand that regatta entry fees and charges for food, lodging, and transportation will be estimated prior to a 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. There is no discount for rowers who participate in or attend only a portion of regatta, or who use alternative transportation to arrive late or leave early.

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 when the team is traveling as a group to and from regattas, my child is required to travel with the team, and will be supervised the entire time by ORU-PDX coaches.

I understand that my child is not allowed to drive to or from regattas by himself/herself, or with other junior athletes where no parental supervision is present.

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 our club 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 group of athletes while traveling to races, either at the race site or at the hotel, the athlete(s) may be barred from racing.

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

Athlete's Name (Please print)

Signature of Parent or Legal Guardian

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 12 years old
Days: 3 days, Tuesday/Thursday/Friday
Amount: \$170.00 per month*

Junior Experienced

Requirement: Participant has been rowing one year or more, and is 12 years old or older
Days: 5 days, Monday to Friday
Amount: \$220.00 per month*

Fee Discounts

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

***Fees do not include expenses associated with regatta participation.**

Payment Due Date/Process

- 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 ORU-PDX. Please contact ORU-PDX if additional time is needed for payment.
- Until further notice, all fees should be paid by cash or check, made out to Oregon Rowing Unlimited-PDX, and placed in the boathouse mailbox. PLEASE DO NOT GIVE CHECKS DIRECTLY TO COACHES.

Regatta Entry/Travel Fees

Every effort will be made to email regatta details, including travel, entry and lodging fees, 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 travel fees may jeopardize a rower's eligibility to attend a regatta.

Uniform Orders

ORU-PDX orders uniforms and logo merchandise two times each year: September and March. All orders must be accompanied by a check for the full amount of ordered merchandise.

I have carefully read the ORU Program Fee Policy and fully understand its contents and my responsibility in paying program, travel and uniform fees.

Athlete's Name (Please print)

Signature of Parent/Guardian Responsible for Payment

Date

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

ORU-PDX Liability Waiver



By signing below, I hereby verify that I have read and fully understand each of the following conditions for participation in any Oregon Rowing Unlimited-PDX recognized or sanctioned event, and 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 Rowing Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity; and that I can swim any stroke or combination of strokes for an uninterrupted 10 minute period, and float or tread water for 10 minutes unassisted.
2. FULLY UNDERSTAND that (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including 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 member/guest of Oregon Rowing Unlimited-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 Oregon Rowing Unlimited-PDX, their 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 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.

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.

Printed Name of Member/Guest

Signature of Member/Guest

Date

Oregon Rowing Unlimited-PDX, P.O. Box 82906, Portland OR 97282