Marin Rowing Association (MRA)

Inherent Risks in the Sport of Rowing

Rowing is a very physical sport that requires a high level of fitness and functional movement. Being aware of the inherent risks in the sport of rowing will help alleviate injury, as well as death from the risk of drowning.

Overuse Injuries
Overuse injuries including but not limited to blisters, tendonitis, back muscle and disc strain, and other injuries are all risks inherent in the repetitive sport of rowing. Developing a strong core as well as carrying out a stretching and flexibility routine, in addition to exercising proper rowing technique, will help to support your body in the sport of rowing. The MRA and US Rowing Association recommend the attached exercises to support your efforts with core strength and flexibility, as well as the basics of sweep and sculling technique. These exercises are to be performed on your own time if time is not made available during practice time.

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Waterborne Illness
The water of the Corte Madera Creek is heavy with bacteria and swimming is not recommended. Athletes should keep blisters, ‘calf bites’, and open sores clean at all times, and covered while on the water to lessen the chances of a waterborne illness. Oar handles are to be dipped in a bleach solution following practice and all rowing machines are to be wiped down by MRA Member before and after use. At the first sign of any irritation or infection of an open wound seek medical advice.

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Drowning and Ability to Swim
Rowing is a water sport and accidents on the water do occur. You must know how to swim and be comfortable treading water for at least 10’ in order to participate at MRA. While MRA has rules and regulations in place to limit your risk of injury or drowning, both are risks inherent in the sport of rowing and accidents do occur. It is possible that you will end up in the water due to any of the following: hitting a piling or dock, hitting an unknown obstacle, getting into an accident with another rowing shell, catching a crab that sends you out of the shell, swamping due to wakes and high waves, or flipping the shell. If you ever find yourself in the water, STAY WITH YOUR BOAT. If you cannot get back into the shell get up on top of the boat with your body out of the water. Kick the boat to shore if need be, but never leave your floatation device, which is your boat. Coxswains, Coaches, Scullers and Launch Riders are encouraged wear PFD’s (personal floatation device) while on the water. Coaching launches are equipped with floatation for rowers. If you do not have a coaching launch with you, your boat is your floatation. STAY WITH YOUR BOAT. Marin Rowing requires that our members be able to tread water comfortably for 10’. Please read, sign, and return our MRA Member Swim Test Certification Form.

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Cardiac Arrest
Heart Health: Sudden death is the #1 cause of death in endurance athletes, such as rowers, and 90% of these sudden deaths are related to pre-existing, undiagnosed cardiac abnormalities. While a patient’s history and physical examination may detect some cardiac abnormalities, the inclusion of an electrocardiogram (ECG or EKG) will increase the effectiveness of screening to over 90%. While MRA will not require members to provide an ECG/EKG, if you answer yes to any of the ‘Family History’ questions on the PAR-Q Questionnaire, we will ask you to provide a physician’s OK to participate. We highly recommend that all athletes have an ECG to detect any unknown and pre-existing cardiac abnormalities.

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EMERGENCY Hands-only CPR and AED PROTOCOL
Experts now believe a person who suddenly collapses due to cardiac arrest has enough air in his/her lungs and blood that mouth-to-mouth breathing during CPR is not needed.

• If you see someone collapse, have someone dial 911.
• Have someone bring you the AED
• Position unresponsive person on their back.
• Use the AED if available – simply follow the instructions from the machine.
• Begin hands-only CPR with straight-arms and forceful compressions at 100 per minute.
• See attached flyer on Hands-only CPR and AED use.

I fully understand the risks inherent in the sport of rowing and will follow the best practices as listed above.

Signature of MRA Member       Signature of Parent/Guardian on behalf of a minor Date
Marin Rowing Association (MRA)

Heart & Health Questionnaire

Heart Health: Sudden death is the #1 cause of death in endurance athletes, such as rowers, and 90% of these sudden deaths are related to pre-existing, undiagnosed cardiac abnormalities. While a patient’s history and physical examination may detect some cardiac abnormalities, the inclusion of an electrocardiogram (ECG or EKG) will increase the effectiveness of screening to over 90%. Initials

PAR – Q Health Questionnaire:

1. Do you have any medical condition that we should be aware of?
   a. YES  NO  if yes, please explain:

2. Do you know of any reason why you should not do a physical activity?
   a. YES  NO

3. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
   a. YES  NO

4. Do you feel pain in your chest when you do physical activity?
   a. YES  NO

5. In the past month have you had chest pain when you were not doing physical activity?
   a. YES  NO

6. Do you lose your balance because of dizziness or do you ever lose consciousness?
   a. YES  NO

7. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
   a. YES  NO

8. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
   a. YES  NO

If you have answered YES to any of the questions above please review the risks of your participation in the sport of rowing with your physician before joining the MRA. Initials

Family Medical History

1. Has anyone in your family suffered a premature death related to cardiovascular disease?
   a. YES  NO  if yes explain:

2. Has anyone in your family suffered a disability from cardiovascular disease at age <50 years?
   a. YES  NO  if yes explain:

3. Does anyone in your family suffer from Hypertrophic cardiomypathy, dilated cardiomyopathy, Marfan syndrome, arrhythmias, channelopathy (eg, long QT)?
   a. YES  NO  if yes explain:

If you have answered YES to any of the questions above please undergo an ECG/EKG with your cardiologist and review the safety and risks of your participation in the sport of rowing with your physician before joining the MRA. Initials

I, ______________________________, have answered the questions above honestly and to the best of my knowledge.

__________________________________________  ________________________________
Signature of MRA Member  Signature of Parent/Guardian on behalf of a minor  Date
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SWIM CERTIFICATION WAIVER FORM

All rowers and scullers of any age must be able to pass the following swim test.

While MRA has guidelines in place to help alleviate accidents and injuries, it is possible that you will end up in the water due to any of the following: hitting a piling or dock, getting into an accident with another rowing shell, catching a crab that sends you out of the shell, or flipping the shell. If you ever find yourself in the water, STAY WITH YOUR BOAT. If you cannot get back into the shell get up on top of the boat with your body out of the water. Kick the boat to shore if need be, but never leave your floatation device.

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Please have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below.

If you choose to sign-off on your own ability, or the ability of your child under 19 years of age who is rowing in the MRA Junior Program, to pass the following swim test you attest to the fact that you and your rower fully understand the risk of drowning if you cannot perform the testing requirements below. ________Initials

The swim test requirements are the following:

- I am capable of 10’ continuous tread or movement in water without touching the bottom.
- I am capable of putting on a life jacket and securing it while treading water.

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Water Safety Instructor Waiver:

I, _____________________________, certify that ____________________________ has completed the above swim test requirements. This test of swimming ability was given at _____________________________ on _____________________________. I am currently certified as a ____ Lifeguard or a ___ American Red Cross Water Safety Instructor.

My certification expires on _____________________________.

Signature of Lifeguard or ARCS Instructor Date

Signature of Person Tested Date

Personal Waivers:

I, _____________________________, certify that I am over the age of 18 and can complete the swim test requirements as listed above.

I, _____________________________, certify that my child is under the age of 18 and that I have reviewed the requirements with him/her and that he/she can complete the swim test requirements as listed above.

I, _____________________________, have read the information above and fully understand the inherent risks of rowing including the possibility of drowning, and confirm that I am able to swim.

Name and Signature of MRA Member, Junior or Adult Date

Name and Signature of MRA Junior Parent on behalf of a minor Date