

Medical Waivers, Code of Conduct, & Media Release Forms

Medical waivers MUST be submitted to **Jessica Waldorf** by mail or scanned and emailed **PRIOR to your child going on the water**. These waivers are needed each season even if your child is a returning rower. Code of Conduct and Media Release forms also must be reviewed and signed by BOTH a parent and the student rower in order to participate in the program.

jgraz333@gmail.com

4 N Sage Hill Ln
Albany, NY 12204

SHAKER ROWING ASSOCAITION: MEDIA AND PHOTO RELEASE FORM

Participant's Name: _____

I hereby grant and authorize Shaker crew the right to publish the photographs taken of me, and my name, for use in printed publications and website.

I acknowledge that since my participation in publications and websites produced by Shaker Crew is voluntary; I will receive no financial compensation.

I further agree that my participation in any publication and website produced by Shaker Crew confers upon me no rights of ownership whatsoever. I release Shaker Crew, its contractors and its employees from liability for any claims by me or any third party in connection with my participation.

If the person signing is under the age of consent, then this release must be signed by a parent or guardian

Signature of Rower: _____ Date: _____

Signature of Parent: _____ Date: _____

Shaker Rowing Association - Medical Waiver

Rower Name: _____ D.O.B.: _____ Age _____

Address: _____

City, State, Zip: _____ Phone: _____

Please indicate if the rower has a history of asthma, diabetes, hypoglycemia, wears contact lenses, or has any other medical/special problems: _____

Please indicate if the rower has allergies to any medications, foods, insect bites, etc., as well as your usual treatment for same:

HEALTH INSURANCE INFORMATION: Medical Insurance Co.: _____

Name of Insured: _____ Policy #: _____

EMERGENCY INFORMATION: (List contacts and ALL phone #'s):

Name of contact (s): _____

Emergency phone number (s): _____

PARENT AGREEMENT & AUTHORIZATION: (if rower under 18 years)

My child, _____, has my permission to participate in the activities of the **Shaker Rowing Association**. I understand that the **SRA** does not carry health insurance and I am responsible for any/all health incurred costs. I also grant the coach/chaperone in attendance full authority to take whatever action they deem necessary regarding my child's health and safety, and I fully release the **SRA** from any liability in connection with those decisions.

In the event that I cannot be reached in an **EMERGENCY**, I hereby give permission to the physician selected by the coach/chaperone in attendance to hospitalize and to secure treatment for my child. This health history is correct to the best of my knowledge and my child named above has permission to engage in all rowing events.

I hereby, for myself and for my family, my heirs, executors and administrators, waive and release any and all rights and claims against the **Shaker Rowing Association** or their respective agents, for any and all injuries which may be suffered by my child in connection with his/her participation in any of the activities, or the use of facilities and/or equipment utilized by the **Shaker Rowing Association/Shaker Crew**.

Parent/Guardian Name (Please Print) Rowing Program

Parent/Guardian Signature (if rower under 18 years)

Today's Date

SHAKER CREW - EXPECTATIONS FOR ATHLETES

The goals of the Shaker Rowing Association are to earn the respect of the Shaker High School, Section II, and US Rowing communities through demonstration of technical knowledge, sportsmanship, citizenship and the enthusiastic commitment to the challenge to excel. To accomplish these goals, we must first demonstrate respect for ourselves, our families, our teammates and our competitors.

Athlete Responsibilities

Athletes should recognize that membership in this association is a privilege, not a right.

Respect

- Athletes are to be respectful, in word and action, of themselves, their coaches, their teammates, officials, volunteers and their parents at all times.
- Athletes are to demonstrate respect for teammates and coaches by attending all scheduled practices and regattas: arriving on time, rested, with a positive attitude and appropriate gear.
- Athletes who need to be excused from practice or a regatta must let their coach know in a timely manner. Unexcused absences will greatly hinder your ability to be competitive.
- Athletes are to be respectful of other athletes of varying abilities. We are one team.
- Athletes are to be respectful of coaches who make decisions on line-ups and regatta plans based on the best interests of the entire program.
- Athletes should direct questions or concerns to the coaching staff.
- Athletes are to be respectful of their bodies. **Use of alcohol, tobacco, marijuana, and drugs, at any time, impede athletic performance, destroy the trust between teammates and families, are dangerous, and illegal; preceding a practice or competition it is one of the most disrespectful acts an athlete can commit. Distribution or use of the aforementioned is grievous and will be considered a basis for dismissal from the team.**

Integrity

- Athletes are expected to behave (verbally and physically) in a manner that exemplifies the highest ideals of good citizenship and is a credit to their family, team and school.
- Athletes are expected to participate fully in all activities and demonstrate commitment to the training program and racing plans developed by the coaches.

Trust and integrity are commodities that are hard-earned and easily lost. Success is knowing that you and your teammates have done the best you can to achieve the goal—win, lose, or draw.

Consequences

All actions carry consequences. Violations of these expectations will result in disciplinary action which may include suspension or dismissal from the team.

We have read the Expectations for Athletes and agree to abide by these expectations as a condition of participation in Shaker Crew. We agree to accept the consequences for actions that violate these expectations.

Athlete name

Athlete signature

Date

Parent name

Parent signature

Date