



## Fall 2020 Youth Program Registration

Welcome to Miami International RowHouse and congratulations on joining our exciting program.

**Fall 2020: August 25 Tues – December 5, 2020 Sat**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High School or Coach aproved Middle Schooler	4-6:30	4-6:30	Crosstraining at gym or home	4-6:30	4-6:30 pm	9-11:30 am
Middle School			4-6:00 pm			9:30-11:30 am

Registration packet must be complete and on file for your child to start the program.

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You will need the following items for practice:

1. Face Mask
2. T-Shirt & Spandex shorts (please adhere to the dress code of Conduct, page 6)
3. Socks and Running shoes plus sandals or slides and a change of clothing
4. Sunscreen (20 SPF or greater), Sunglasses with UVA Protection, Hat/Visor
5. Refillable water bottle

### Rower Information

**Name:** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**Rower's cell phone** \_\_\_\_\_

**Rower's email** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_

**Height** \_\_\_\_\_ **Weight** \_\_\_\_\_ **Gender** \_\_\_\_\_

**US Rowing Number:** \_\_\_\_\_

**School Name:** \_\_\_\_\_

**Grade in 2020 - 2021:**      9\_\_\_ 10\_\_\_ 11\_\_\_ 12\_\_\_

#### **Experience Level:**

\_\_\_ **Level 1** (no experience to 3 months of rowing/coxing experience)

\_\_\_ **Level 2** (3 months to one year of rowing/coxing experience)

\_\_\_ **Level 3** (1 to 2 years of rowing/coxing experience)

\_\_\_ **Level 4** (more than 2 years of rowing/coxing experience)

**Any additional sports performance information, if you have one. (Example: Dance, running, soccer etc.)**  
\_\_\_\_\_



## Required Waivers

***Both US Rowing and NOARA on-line waivers are now required to be completed by all Miami RowHouse MEMBERS who participate in any club event, practices and all regattas. Guest rowers need only complete the NOARA waiver/release of liability form.***

- Members: US Rowing waivers are required to be filled out on an annual basis, and are valid for the calendar year Jan 1st to Dec 30th. The US Rowing waiver includes a photo release clause.
- Members, North America Rowing Association (NOARA) waivers are required to be filled out on an annual basis, and are valid from July 1st to June 30th of the following year. Includes Florida State Commercial & Noncommercial Waivers for scholastic rowers.
- Under 18 members must have a parent or guardian complete the waivers.

### **US Rowing Waiver instructions:**

This must be completed by all members of Miami RowHouse every year for liability insurance purposes. Click or go to <http://www.usrowing.org/membership/> and select the **Individuals: "Join" or "Members"** button. See below:

- **Current Miami RowHouse Members:** If you are a current MIAMI ROWHOUSE member and you had previously completed a US Rowing Waiver you can search for your info using your name & date of birth or your US Rowing ID. Once you find it, update the contact info and emergency contact info. You'll be given a brief questionnaire and asked to pay a \$7.75 admin fee (\$9.95 in 2018) unless you choose a Championship Membership which costs \$65.
- **New MIAMI ROWHOUSE Members:** If you are a new MIAMI ROWHOUSE member and have never filled out a US Rowing Waiver you will be asked to manually enter Name, Address, Phone Numbers, D.O.B., Email Address and Emergency Contact Information. Click on "Search" and then enter "" in the popup window asking for the Club Code. In the next window in the Membership Type pull down menu select BASIC (cost is \$9.95 in 2018), then follow the instructions.
- **Note for all new and existing MIAMI ROWHOUSE members:** Your information must be completed 100% before proceeding to accept the terms of the waiver and submitting it. Make sure you click on Submit to upload your info, then you'll be asked check the box indicating that you have read and agree to the terms of the Waiver. You may have to click on Submit button once more. If you were successful you will receive a notification stating so. If not you'll need to do it again.
- **NOTE:** In addition to the on-line waivers, parents must complete the paper form for the Florida Commercial and Non-Commercial Waiver attached to Scholastic Registration Packet.

**NOARA/FSRA Waiver instructions for Parents of Scholastic Rowers:** [Click here to proceed.](#) Once on the website, parents of scholastic rowers select from the FSRA Team pull down menu "Select Your School Name" and choose "Unaffiliated – Miami International RowHouse" (we are not affiliated with any school rowing program), then complete and submit your student's waiver.

**NOARA/FSRA Waiver instructions for Adults (18 and over):** [Click here to proceed.](#) Once on the website, select from the "Select Your School Name" pull down menu "Miami International RowHouse", then complete, print and submit your waiver. Guest rowers be sure to bring the printed waiver and release of liability with you to leave with the club.



**FSRA REQUIREMENTS DUE JANUARY 15 FOR ALL SPRING 2021 ROWERS:**

- 1) Athlete Photo and 2) Current School Enrollment documentation and 3) date of birth proof ( for new members) to be submitted by email to [miamirowhouse@gmail.com](mailto:miamirowhouse@gmail.com)
- 2) RowHouse will then submit the Spring 2021 roster with this information from each team member to FSRA to allow them to compete.

1. Athlete Photo: Updated photos needed from all athletes who did not submit a new photo last year.

A recent digital photo of each athlete taken individually against a mono-color background with a clear view of their face (format similar to driver's license or passport photo). Preferably the image should be no more than mid-torso up. No sunglasses or hats, caps, visors, etc. Photo should be taken in a portrait orientation and recommend files size is about 1MB (thumb nail size photos are not scalable and will be rejected). File name format must be consistent for all team submittals and clearly identify the individual. Example: for John Smith with XYZ club, file name is XYZ-John-Smith.jpg

2. Current School Enrollment Documentation:

Documentation showing the athlete is currently enrolled in a Florida state secondary education program including virtual and home schooled athletes. The document must include 4 items:

1. athlete's name
2. name of institution attending
3. current class/grade level (Freshman/9<sup>th</sup> grade) or graduation year (Class of      )
4. current date (document must clearly indicate the student is currently enrolled this school year)

Examples of forms that may have all 4 required items (please check before submitting): class schedule, transcripts, report cards, ED-line info page, school ID. A roster on school letterhead will not be accepted.

For new members on your team (those not cleared previous years), gather copies of the following 2 items:

1. Photo ID

Any school or government issued photo ID with name and photo on it is acceptable. Examples: passport, county park ID, driver's license, green card, military ID, etc. If the student does not have any photo ID, they can get a Florida ID from their local DMV office.

2. Date of Birth

If the school documents and photo ID submitted don't show a Date of Birth, provide a copy of the athlete's birth certificate.



## NEW LIGHTWEIGHT JUNIOR ROWER FORM REQUIREMENTS:

To: Miami RowHouse Parents whose child would compete in a lightweight race.

For girls :130 lbs or less

For boys :150 lbs or less

The new requirement from US Rowing includes a form to be filled out by your primary care giver and a parent's release form.

Please print out and complete the following two forms and hand them in to the Head Coach on or before January 30, 2021.



## USRowing Junior Lightweight Clearance Form

Primary Care Provider:

USRowing is committed to safe participation in weight-restricted (lightweight) events for high school athletes, such that no high school rower engages in harmful weight-loss behaviors. Your patient desires to be cleared for lightweight participation for the upcoming spring rowing season. This form asks you to confirm that this athlete's NATURAL weight is likely to be under the weight limits below for this season.

**Females – 130 pounds**

**Males – 150 pounds**

Name \_\_\_\_\_

DOB \_\_\_\_\_

Date of last measurement (must be January 1 - March 14, 2020) \_\_\_\_\_

Height \_\_\_\_\_ CDC Growth Chart Percentile \_\_\_\_\_

Weight \_\_\_\_\_ CDC Growth Chart Percentile \_\_\_\_\_

CDC growth chart weight percentile for the past three years.

Date \_\_\_\_\_ Weight percentile \_\_\_\_\_

Date \_\_\_\_\_ Weight Percentile \_\_\_\_\_

Date \_\_\_\_\_ Weight percentile \_\_\_\_\_

CDC Growth chart calculator link: <https://peditools.org/growthpedi/>

- ☐ I certify that the athlete named above is naturally under the lightweight rower weight limit (130 lbs. for females, 150 lbs. for males), is likely to remain under the weight limit for this spring season ending June 15, 2020, based on his/her growth velocity and current weight, and is able to compete as a lightweight rower for this season.
- ☐ I DO NOT certify that the athlete meets the above criteria and DO NOT clear the athlete to compete as a lightweight rower during the 2020 spring season.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Office address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Fax \_\_\_\_\_

USRowing reserves the right to confirm any signature with the Doctor's Office.



## USRowing Junior Lightweight Athlete and Parent Release

### Dear Parent/Legal Guardian

USRowing is committed to safe participation in weight-restricted (lightweight) events for high school athletes, such that no high school rower engages in harmful weight-loss behaviors. Your son/daughter desires to be cleared for lightweight participation for the upcoming spring rowing season. This form asks you to confirm this athlete's eligibility to participate in lightweight rowing events based on NATURAL weight is likely to be under the weight limits below for this season and that you have reviewed USRowing's policies. You further acknowledge that, as a condition of your son/daughter's participation in lightweight rowing for the upcoming spring season, you and your son/daughter must consent to the completion of the attached USRowing Junior Lightweight Clearance Form by your son/daughter's primary care physician and submit the completed form to USRowing.

### Females – 130 pounds

### Males – 150 pounds

Name \_\_\_\_\_

DOB \_\_\_\_\_

USRowing Membership Number \_\_\_\_\_

### Parent/Legal Guardian

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

### To be completed by Athlete

I certify that I am naturally under the lightweight rower weight limit (130 lbs. for females, 150 lbs. for males) for this spring season ending June 15, 2020, and have reviewed USRowing's policies (insert link). I acknowledge that, as a condition of my participation in lightweight rowing for the upcoming spring season, I must consent to the completion of the attached USRowing Junior Lightweight Clearance Form by my primary care physician and submit the completed form to USRowing.

I confirm that I will compete in lightweight events this season:

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_



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## Swim Test

In accordance with the US Rowing safety guidelines, all RowHouse rowers must pass a swim test. No rower will be allowed on the water in RowHouse boats unless they have been previously tested. All new rowers must have completed the simple swim test and submitted the signed form. Once completed, the form will remain on file for 4 years.

Rowers must wear rowing attire for Swim Test. Please bring towel and ADDITIONAL ROWING ATTIRE ON THE DAY OF TEST.

ROWING ATTIRE CONSISTS OF:

Spandex shorts

T-Shirt

Socks

The swim test will be administered the first week of practice, scheduled in groups.

Rowers should be able to:

1. Swim freestyle for 50 yards non-stop.
2. Tread water for 5 minutes.
3. At the end of the 5 minutes, without a break, put on a lifejacket.

I certify that \_\_\_\_\_ has completed the above requirements and passed the swim test for the rowing program.

Certified Coach \_\_\_\_\_

Date Passed \_\_\_\_\_

Position \_\_\_\_\_

Pool at which testing completed \_\_\_\_\_





Parents and / or Legal Guardians

Father's Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Work: \_\_\_\_\_

Father's E-Mail: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Street Address: (Indicate if same as above) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Work: \_\_\_\_\_

Mother's E-Mail: \_\_\_\_\_



## Medical Consent Authorization

Check with a physician before beginning the rowing program. Please attach a copy of your insurance information to this form.

Rower's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

### Medical Provider Information:

Insurance Provider: \_\_\_\_\_ Policy# \_\_\_\_\_

Physician: \_\_\_\_\_ Physician's Phone: \_\_\_\_\_

Physician's Address: \_\_\_\_\_

### In case of an Emergency, Contact:

Name	Phone	Relationship
_____	_____	_____

Name	Phone	Relationship
_____	_____	_____

**Known Medical Problems and Medications:** *This information is included to provide information to emergency personnel of medical problems and medications in an emergency situation.*

Existing Medical Problem	Medication Taken	Dosage Taken	Dosage Frequency
(Example: Asthma)	(Example: Combivent)	(Example: 2 puffs)	(Example: "Twice Daily")
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

### Medical Consent Authorization:

In the event of an injury, accident, illness or other emergency, and if the above stated physician cannot be reached, I authorize my child to be treated by certified emergency personnel such as emergency medical technicians, emergency room physicians and other emergency room personnel such as nurses and laboratory technicians. I agree to accept financial responsibility for the costs related to this medical treatment.

\_\_\_\_\_  
Name & Signature of Authorized Parent or Guardian

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Date Signed



## 2020 - 2021 Tuition Fees

The Miami International RowHouse (RowHouse) youth program operates as a non-profit organization. Your payments help fund the program. **2020 – 2021 Fall/Spring – Tuition Schedule\***

Payment by cash or check written out to Miami International RowHouse or VENMO for account @Miami-Rowhouse		
<p>8/25/2020 Tues - 12/5/2020 Sat Fall Schedule for High School or Coach approved Middle School Rowers (5 x per week) M, T, Th, F 4:00 -6:30 pm &amp; Sat 9:00- 11:30 am.</p> <p>8/26/2020 Wed - 12/5/2020 Fri Middle School Rowers (2x per week) Weds 4:00 -6:00 pm &amp; Sat 9:30- 11:30 am</p>	<p>\$1,500 plus \$300 equipment fee</p> <p>\$600 plus \$300 equipment fee</p> <p>All Payments received after the 5<sup>th</sup> day when they are due will be subject to a \$25 late payment fee. No athlete is allowed to practice until the late dues are paid.</p>	<p><b>With Registration</b> HS Option: First payment \$750 +300 plus Second Payment due Oct 1 \$750.</p> <p>MS Option: First payment \$300 + \$300 Plus Second Payment due Oct 1 \$300</p>
<p>1/04/2021 - 5/07/2021 Spring Schedule Fall Schedule for High School or Coach approved Middle School Rowers ( 5 x per week) 1/06/2021 – 5/07/2021 Middle School Rowers (2x per week)</p>	<p>\$1,500 plus \$300 equipment fee</p> <p>\$600 plus \$300 equipment fee</p>	<p><b>With Registration</b> 1/04/2021 1/06/2021</p>
Payment plans available upon request		
<p>Available by Request for New Learning to Row NOVICE Rowers only : Option to try out rowing for 2 weeks. Payment to be credited toward full team payment</p>	<p>\$450 <i>High School</i> rowers 2-week trial ( 5 x per week)</p>	<p>\$180 for <i>Middle School</i> rowers 2-week trial</p>

Unless I notify the Head Coach in writing otherwise, I hereby give permission for images of my child, captured during anything related to the Miami RowHouse activities through video, photo and digital camera, to be used solely for the purposes of the Miami RowHouse promotional material and publications, and waive any rights of compensation or ownership thereto.

\*Payments are non-refundable. \*\*These fees do not include uniforms, team apparel, regattas, transportation, food at regattas, hotels



### **RowHouse Waiver**

IN CONSIDERATION of being given the opportunity to participate in any ("Club") activities ("Activity") until the end of this 2020-2021 year, I, for myself, my personal representatives, assigns, heirs, and next of kin: 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.

1. 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 Releases names 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.
2. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club 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.
3. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Miami International Rowhouse, 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 on of the Releases herein) from all liability, claims, demands, losses or damages on my account caused or allege to be caused in whole or in part by the negligence of the Releases 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 Releases, I WILL INDEMNIFY SAVE AND HOLD HARMLESS each of the Releases, from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that 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 the 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.

**Printed Name of Participant:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature (only if age 18 or over:** \_\_\_\_\_

**PARENTAL CONSENT** 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 Releases 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 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 Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

**Printed Name of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## **JUNIOR ROWER CODE OF CONDUCT**

1. All athletes are expected to arrive at practice at least 15 minutes early and be prepared to row or train on land. Arrival at the scheduled start of practice is LATE. Upon arrival, athletes should: check the gas cans in the launches; get the launches in the water; take oars to the dock; warm up.
2. Athletes shall participate in all practices and regattas committed to by the athlete. Athletes should review their schedules before committing to a practice schedule or registering for competitive rowing because missed practice will cause the athlete to be moved to a less competitive boat, and a late/missed regatta will cause the athlete to be barred from competitive rowing for the season.
3. Athletes shall be attentive to coaches before practice to hear seating assignments and plans.
4. Athletes shall have and display positive attitudes and a willingness to work with and encourage others at all times. Abusive or derogatory language while at practice, or at any regatta toward another athlete, coach, parent, another crew or the power boater who just waked you will not be tolerated.
5. Rowers shall follow the instructions of any coach immediately. Disrespectful or abusive language or actions by athletes towards coaches, coxswains, parents or members of the public at large will not be tolerated and constitute grounds for disciplinary action. This includes while competing at regattas. Absolutely no swearing or offensive language is allowed. Boats can and will be disqualified if any referees hear inappropriate language being used or reported.
6. Talking in a boat is not just disruptive. It is unsafe. The coxswain or bow seat, in un-coxed boats, is the only person who should be talking unless asked a direct question by a coach.
7. Athletes shall attend the entire practice or regatta including loading and unloading of the trailer.
8. All athletes are representatives of Miami RowHouse and the sport of rowing and should behave appropriately at all times. Congratulate competitors on a job well done after every race. "Good Race" goes a long way towards creating good will. All comments about a race shall be held in check until the crew gets off the water and can sit down face to face with the coach to discuss the race.
9. Junior rowers must race in their team unisuit. Athletes are expected to show pride in their crew team by wearing team t-shirts, hats, jackets and/or hoodies.
10. All MRH athletes should take an active role in helping MRH crews prepare for races (help with shoes, oars, etc.) and MRH athletes should cheer on MRH crews whenever possible.
11. All athletes must follow FSRA rules regarding not recruiting members from other teams to our team.

I understand that this rule also applies to MRH parents and rowers being forbidden to encourage or entice current MRH members to leave the MRH team.

These actions may cause disciplinary action or immediate dismissal from the team for the parent and/or rower.



**FSRA (Article XV Conduct of Association Members Section 4)**

*c. Recruitment or attempted recruitment of Student Athletes participating for another Association Member for athletic purposes is an act of unsportsmanlike conduct and is expressly forbidden. Notwithstanding the foregoing, during the period beginning June 16 and ending December 31, a Student Athlete may leave his or her existing Association Member program for another Association Member, so long as the Student Athlete does so under his or her own volition and so long as no person recruited or attempted to recruit the Student Athlete to change programs.*

12. All athletes must strive to bring the team together and not speak poorly about or to other team members, coaches or parents.
13. All athletes must refrain from any form of harassment or bullying either verbally, by email, texting or on the Internet.
14. I agree that I have read the attached article on appropriate rower/team behavior and will adhere to those principles.
15. When traveling to regattas all athletes must adhere to the best conduct at all times. They are always representing Miami RowHouse, and there is zero tolerance for any disrespect while traveling in airplanes, hotel rooms, restaurants, venues etc.
16. Any junior member found in possession of alcohol or illegal drugs or found to be intoxicated or under the influence of illegal drugs during an MRH activity by a coach, officer or chaperone, will be suspended and/or dismissed from practice and or racing.
17. Any person who witnesses junior rowers consuming alcohol at a non-MRH event shall immediately leave and inform the MRH Head Coach within 24 hours. Any club member found to be in violation of these rules will have membership canceled for the calendar year, and forfeit dues, regatta fees or deposits. The sport of rowing places extreme demands on a person's cardiovascular system. Smoking is not only unhealthy; it compromises the performance of the athlete and any boat in which they race. Any junior rower caught smoking by any coach, officer or chaperone, will be suspended from the team.
18. Any violation of these rules or other actions deemed inappropriate at away races or MRH may result in suspension, exclusion from future races, or if severe enough, expulsion from the club.
19. I have read and agree to abide by the above Code of Conduct. I understand that violations of the Code of Conduct can lead to disciplinary action, up to and including cancellation of my membership without refund and exclusion from participation in club activities in the future.

Rower's Name: \_\_\_\_\_

Rower's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents' Signatures: \_\_\_\_\_ Date: \_\_\_\_\_



## PARENTS' CODE OF CONDUCT

**I hereby pledge to provide positive support, care, and encouragement for my child participating in Miami RowHouse activities by following this Parents' Code of Conduct.**

- I will encourage good sportsmanship by showing respect and courtesy and by demonstrating positive support for all rowers, coaches, volunteers, and officials at every practice, regatta or other event.
- I will never ridicule, embarrass my child or any other participant at practice or for making a mistake or losing a race.
- I will not engage in any unsportsmanlike conduct with any coach, official, rower, parent, or spectator.
- I will root for the team from the parents' tent area and will not go to the trailer area. I realize that the coaches and team members need to be together as a team during the regatta without outside interference. Team members will handle their own equipment.
- I agree to allow my child and myself to be photographed for reasons related to RowHouse activities and understand those photos may be used for promotional purposes by and for RowHouse.
- I will follow the FSRA rules regarding not recruiting other rowers to our team. I understand that this rule also applies to MRH parents and rowers being forbidden to encourage or entice current MRH members to leave the MRH team. These actions may cause disciplinary action or immediate dismissal from the team for the parent and/or the rower.

*FSRA (Article XV Conduct of Association Members Section 4 )*

- c. Recruitment or attempted recruitment of Student Athletes participating for another Association Member for athletic purposes is an act of unsportsmanlike conduct and is expressly forbidden. Notwithstanding the foregoing, during the period beginning June 16 and ending December 31, a Student Athlete may leave his or her existing Association Member program for another Association Member, so long as the Student Athlete does so under his or her own volition and so long as no person recruited or attempted to recruit the Student Athlete to change programs.*

I will not send emails or texts or communicate by phone any message using inflammatory language that is considered outside the club's spirit. Contentious, unnecessarily confrontational, or blatantly disrespectful parents or athletes who fail to act in a civil, mature manner will be disciplined or asked to leave the club.

I will not interfere with or question race lineups or who makes which boat. Nor will I question why some rowers may be selected to row more times than another. Race line-ups are not negotiable. The coach's decision here is final.

I will not use any foul language against any coaches, other parents or team members at any time.

I will not threaten any coaches, other parents or team members or the board in person, by phone, email or texts.

I will treat other parents, rowers and coaches, as I would like to be treated.

I will not try to divide the team or encourage my child to act poorly towards any other team member, parent or coach.





I agree that I have read the attached articles on team and parent procedures and will conform to those principles.

I will place the emotional and physical well being of my child and other rowers ahead of my personal desire to win.

I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.

I will support coaches working with my child in order to encourage a positive and enjoyable experience for all.

I will insist that my child treat other rowers, coaches, volunteers, officials, parents, and spectators with respect regardless of race, sex, creed, or ability.

I will help my child enjoy the sport of rowing by doing whatever I can to support Miami RowHouse such as being a respectful fan, assisting with regattas, providing transportation and not asking my child to leave the trailer earlier than required or to come later than required.

Donations, volunteer work, or any other assistance given to RowHouse are very much appreciated, and vital to the continued success of the program. However, donations or volunteer work in no way will secure a position or place on a boat for your child nor give you priority or preferential treatment in any way.

Failure to adhere to the code of conduct could result in penalties including disciplinary action, suspension or total dismissal from the team for the parent and/or child.

If I have a concern about the program or the conduct of another person(s) associated with MRH, I will first discuss the matter with the Head Coach and he, if necessary, will review with the MRH Board of Directors.

Parent Signatures \_\_\_\_\_ DATE \_\_\_\_\_

(Both parents' signatures are required)

Parents' Names: \_\_\_\_\_

Rower's Name: \_\_\_\_\_





## Protocol for the Return to Rowing

PHASE 1	GUIDELINES (June 17, 2020)
<p>Miami RowHouse "Open Air" Summer Rowing</p>	<p><b>Key Principles:</b></p> <ol style="list-style-type: none"> <li>1. Follow state and local rules and regulations.</li> <li>2. Training will focus on "get in, train, get out" approach as recommended by US Rowing <i>(No parents or other family members or friends are allowed on the premises. Only rowers.)</i></li> <li>3. Individuals should maintain social distancing in the boat area.</li> <li>4. MASKS MUST BE WORN BY ALL (JUNIORS AND MASTERS etc.) inside the RowHouse building.</li> <li>5. NO ERGING BY ANYONE INSIDE THE ROWHOUSE BUILDING. If you need to erg please take the erg outside on the porch and put it back in the house when done. Please be sure to sanitize the erg handles and seat BEFORE you use it and AFTER you have put it back inside the RowHouse.</li> <li>6. ONLY USE MATS OUTSIDE and be sure to wipe down before and after use and bring your own rollers if you use them with stretching.</li> <li>7. Training will be on the water and focused on the use of singles and doubles.</li> <li>8. <i>Parents and rowers and Masters should report to Coach immediately by phone/text and email if the parent or rower or Master comes in contact with anyone who has COVID-19 including but not limited to family, friends etc. Do not come to the club if exposed to COVID-19 or if you are not feeling well.</i></li> </ol>
	<p><b>Additional General Guidelines</b></p> <ul style="list-style-type: none"> <li>• Masks should be worn at all times while off the water. The masks can be removed in the boat and then put back on as the rower returns to the dock.</li> <li>• All athletes and coach should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.</li> </ul>

	<ul style="list-style-type: none"> <li>• Athletes should have small containers of hand sanitizer with them to use as needed after touching any hoses, water spigots, doorknobs etc.</li> <li>• Athletes should bring with them a water bottle/s as needed and wear what they plan to wear to row. NO SHARING OF WATER BOTTLES.</li> <li>• Athletes should leave any bags or personal belongings not being worn in their cars.</li> <li>• The RowHouse building is closed to athletes under Phase 1. All activities will take place in the open air on the property.</li> <li>• If an Athlete needs to use the first bathroom in RowHouse, they need to first get permission from the Coach and follow required protocol from the Coach. Only one person is allowed to enter to use the bathroom at a time.</li> </ul>
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	<p><b>Return to Training/Health Monitoring</b></p> <ul style="list-style-type: none"> <li>• Any Athlete known to have been exposed to COVID-19 must self-report to the Coach.</li> <li>• <i>Each Athlete needs to take their temperature daily prior to arrival at the boathouse.</i> Do not come to the boathouse if your temperature is 100.4 degrees or over.</li> <li>• If the Athlete feels sick they should contact the Coach and not attend practice.</li> <li>• If any Athlete does get COVID-19 they need to provide the Coach with a note from their doctor indicating they are ok before returning to the boathouse.</li> </ul>
	<p><b>Outdoor Facility Use</b></p> <ul style="list-style-type: none"> <li>• The boats are stored in an outdoor open facility.</li> <li>• All club oars and boats should be wiped down before and after use with soap and water.</li> <li>• When launching /landing, social distancing requirements should be maintained. Only one boat at a time to launch and return to the dock. Keep social distancing as you wait your turn.</li> </ul>

I have read and agree to the protocol described above. Date: \_\_\_\_\_

\_\_\_\_\_  
Junior Name

\_\_\_\_\_  
Parent Name or Masters Name

\_\_\_\_\_  
Junior Signature

\_\_\_\_\_  
Parent Signature or Masters Signature



## COVID-19 Liability Waiver

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I further acknowledge that Miami International RowHouse has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19.

I further acknowledge that Miami International RowHouse cannot guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and/or others, including, but not limited to, club staff, and other club rowers and their families.

I voluntarily come to use the facilities at Miami International RowHouse and acknowledge that I am increasing my risk to exposure to the Coronavirus/COVID-19. I acknowledge that I must comply with all set procedures to reduce the spread while being at Miami International RowHouse.

I attest that while at Miami International RowHouse or before I go there:

- \* I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

- \* I have not traveled internationally within the last 14 days.

- \* I have not traveled to a highly impacted area within the United States of America in the last 14 days.

- \* I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.

- \* I have not been diagnosed with Coronavirus/Covid-19 by state or local public health authorities and am not waiting for COVID-19 test results.

- \* I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.

I hereby release and agree to hold Miami International RowHouse harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of Miami International RowHouse, or that may otherwise arise in any way in connection with any services received from Miami International RowHouse. I understand that this release discharges Miami International RowHouse from any liability or claim that I, my heirs, or any personal representatives may have against the club with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from Miami International RowHouse. This liability waiver and release extends to the club together with all owners, partners, coaches, Board of Directors and employees.

_____	Signature	_____	Date
Masters Rower or Parent/ Guardian of Juniors Rower			
_____	Printed Name	_____	Junior Rower Signature