

# Adult Registration



## Rower

Last Name: _____	First Name: _____
Gender: _____	Date of Birth: _____
How did you learn about the DCRC?: _____	Permission to take photos & video (Y/N): _____
	T-Shirt Size (S, M, L, XL, 2XL) _____

## Type of Membership

Community Challenge Crew	\$1,460	Learn to Row	\$300
Recreational Season (Jun - Oct)	\$515	20 Session Punch Card	\$325
Masters Annual (Feb - Oct)	\$950	10 Session Punch Card	\$175
Masters Spring (Feb - May)	\$570	5 Session Punch Card	\$90
Masters Summer (Jun - Aug)	\$570	Adult Single Session Drop-In	\$20
Masters Fall (Sep - Oct)	\$390	Seniors Single Session Drop-In	\$10

## Notes

1. Fees include mandatory RCA membership. RCA provides insurance and support services to rowers and clubs. **For insurance to be effective, rowers must register as an RCA member and identify all DCRC programs they participate in on the RCA web site ([membership.rowingcanada.org](http://membership.rowingcanada.org)).**
2. Fees include annual DCRC club membership. For selected programs, fees include a T-shirt.
3. Except for the community challenge program, fees do not include regatta fees or expenses as the total cost depends on which regattas are attended and the nature of the expenses (e.g. travel, hotel, meals) required for each regatta.
4. Please provide completed registration, waiver, safety guidelines and medical information forms. Forms and payment can be dropped off at the boathouse at the first practice or mailed to: DCRC, PO Box 32, 114 - 1151 Mount Seymour Rd, North Vancouver, BC V7H 2Y4
5. Fees may be paid by credit card, debit card or cheque. Credit card and debit payments are taken at the boathouse. Please make cheques payable to DCRC or Deep Cove Rowing Club.
6. Before requesting a refund, please see the refund policy at [www.deepcoverrowingclub.com](http://www.deepcoverrowingclub.com).
7. Photos and/or video of the rower may be generated during water or land-based activities. The photos and/or video may be used as an aid to training. The photos and/or video may be published to social media, the club web site, club advertising (e.g. brochures), etc. as a record or portrayal of club activities.
8. Personal information will only be used for administration and operation of club rowing programs. Except as described above for photos and video, personal information will not be provided to persons or organizations not involved in the rower's program except as required by law.

### Office Use Only

Received Date: _____	Fees Paid: _____
RCA Member #: _____	Expiry Date: _____

# Adult Contact Information



## Rower Contact

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Employer: \_\_\_\_\_

Email: \_\_\_\_\_

## Emergency Contact

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Relationship to Rower: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

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

Email: \_\_\_\_\_



# Adult Medical Information

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

BC Personal Health Number: \_\_\_\_\_

Supplementary Health Insurance: \_\_\_\_\_

Glasses or contact lenses (Y/N): \_\_\_\_\_

Date of most recent tetanus immunization: \_\_\_\_\_

Existing medical & physical conditions:

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Current Medications: \_\_\_\_\_

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Allergies: \_\_\_\_\_

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Any other information that may be of assistance to coaches?

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**I hereby give permission for the Deep Cove Rowing Club to be responsible for providing proper medical supervision and treatment of the rower named above if required.**

	Print Name	Signature	Date
Rower	_____	_____	_____
Witness	_____	_____	_____

# Liability Waiver and Assumption of Risk

**BY SIGNING THIS AGREEMENT, YOU WILL GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE. PLEASE READ CAREFULLY.**

In consideration of being given the opportunity to use the equipment and facilities of the Deep Cove Rowing Club (the DCRC) and participate in the programs, activities, events and operation of the DCRC, which include without limitation orientation, instruction, training, practices, competitions, regattas, camps, clinics, special events and related activities on land and on the water (the Activities), and other good and valuable consideration, the receipt and sufficiency of which I hereby acknowledge, for myself and for my next of kin, personal representatives, heirs, executors, estate and assigns:

1. I understand, agree and acknowledge that the Activities require strenuous physical exertion;
2. I understand, agree and acknowledge that the Activities may activate or aggravate pre-existing physical injuries, conditions, symptoms or congenital disorders;
3. I represent that I am in good health and have sufficient physical skills and fitness to perform sustained strenuous physical exertion;
4. I represent that I can swim and tread water for a minimum of 10 minutes;
5. I understand, agree and acknowledge that the Activities involve risks and dangers incidental thereto, including without limitation loss or damage of property, personal injury, disability and death (the Risks) caused by or resulting from without limitation:
  - sustained physical exertion
  - the weight and inertia of carried rowing shells
  - body contact with unyielding, sharp or abrasive objects
  - tripping and falling due to poor footing or obstacles
  - weather including wind, precipitation, sunshine, high and low temperatures
  - immersion in cold water
  - water conditions including waves, currents, tides and low temperatures
  - hypothermia
  - hyperthermia
  - drowning
  - swamping, overturning or upsetting of a rowing shell or boat
  - falling out of a rowing shell or boat
  - collision with manmade or natural objects
  - collision with oars, rowing shells, kayaks, paddleboards, canoes, boats and other watercraft
  - collision with pedestrians, rowers, watercraft users, swimmers and other bystanders
  - improper use of equipment
  - equipment failures
  - inadequate equipment design, implementation or maintenance
  - accidents while loading, unloading and handling of equipment
  - accidents while travelling to or from Activities
  - poor swimming ability of myself or others
  - facility and site hazards
  - the conditions or circumstances in which the Activities take place
  - my own actions and omissions
  - the actions and omissions of other participants in the Activities
  - the actions and omissions of the Releasees named below
  - the negligence of the Releasees named below
  - a breach of any statutory or other duty of care on the part of the Releasees
  - failure of the Releasees to safeguard and protect me from the Risks;
6. I accept and assume all such Risks, the potential consequences of such Risks and responsibility for losses, costs and damages that may result to me from my participation in the Activities;
7. I release, discharge, waive and agree to hold harmless the DCRC and its directors, officers, managers, employees, coaches, instructors, volunteers, representatives, agents, independent contractors and subcontractors and each of their next of kin, heirs, executors, administrators, representatives, estates, successors and assigns (each and all Releasees), from any liability, claims, demands, losses or damages due to the Risks or any cause whatsoever resulting from my participation in the Activities;
8. I agree to indemnify and hold harmless the Releasees from any and all liability, losses or damages to and claims and demands from any third party, whether for loss or damage to property, personal injury or death, resulting from my participation in the Activities;
9. I agree to act in a safe manner in order to minimize the Risks to myself and others;
10. I agree to familiarize myself with and abide by all policies, guidelines, rules and regulations of the DCRC, including without limitation all safety-related policies, guidelines, rules and regulations, regardless of the means by which they are recorded or communicated.

**I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT PRIOR TO SIGNING IT, I HAVE SIGNED THIS AGREEMENT FREELY WITHOUT ANY INDUCEMENT, REPRESENTATION OR ASSURANCE OF ANY NATURE AND I AGREE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY NEXT OF KIN, ESTATE, HEIRS, EXECUTORS, ADMINISTRATORS, REPRESENTATIVES AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.**

Print Name

Signature

Date

Rower

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Parent or Legal  
Guardian (if rower  
is less than 19  
years old)

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Witness

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# Safety Policy

**All rowers (and their parent or guardian if the rower is less than 19 years old) must review and sign this Safety Policy before the rower can participate in any Deep Cove Rowing Club 'on water' activity.**

1. All rowers must be able to swim and tread water for a minimum of 10 minutes.
2. Training sessions will begin promptly, at the scheduled time. Coaches may decide not to boat rowers who arrive late. Coaches will not be responsible for onshore supervision of late arrivals.
3. When carrying a rowing shell to or from the beach, rowers shall maintain a continual watch for pedestrians and other third parties that are at risk of being hit by the rowing shell. Rowers will call out warnings and take any necessary actions to avoid collision.
4. All rowers must be accompanied on the water by a coach, or approved substitute, in a coach boat.
5. Rowers must not proceed beyond the end of the government wharf in Deep Cove until accompanied by their assigned coach.
6. Rowers must stay within sight of the coach boat at all times. Rowers must remain within 500 metres of the coach boat unless directed otherwise by the coach.
7. In the event that a rowing shell must return to shore, a coach must accompany the rowing shell. All other rowing shells under the supervision of that coach must also return to shore.
8. Rowers shall familiarize themselves with docks, rocks and other fixed obstacles in the training or racing area that may pose a risk of collision.
9. Rowers shall familiarize themselves with low bank waterfront landings in the rowing area. In the event of a storm or other unsafe conditions, rowers must immediately proceed to a safe landing area to get off of the water.
10. If a rower accompanies the coach in the coach boat or transfers to the coach boat during a session, the rower must wear a lifejacket.
11. Rowers shall maintain a continual watch for manmade and natural obstacles, other watercraft and swimmers that are in the water and pose a risk of collision. Rowers shall take any necessary steps to avoid a collision.
12. If any part of a rowing session is conducted after sunset and before sunrise, each rowing shell shall carry and operate navigational lights that meet the applicable standards set out in the Canadian government's Collision Regulations.
13. During low light or visibility conditions, each rower must wear an operating flashing light on the head or upper body. Rowers shall be responsible for providing their own lights and must bring them to every training session.
14. Each coach and coach boat shall supervise a maximum of 9 youth or inexperienced adult rowers in a maximum of 3 rowing shells. Each coach and coach boat shall supervise a maximum of 14 experienced adult rowers in a maximum of 4 rowing shells.
15. Coaches are responsible for determining whether conditions are too dangerous to row due to darkness, fog, high winds, waves, ice, cold water, storms, or any other conditions that they determine may be of danger to the rowers. No rower shall contest a coach's decision to cancel or terminate a rowing session due to dangerous conditions. No rower shall be forced to row or shall be penalized for declining to row if they believe the conditions are too dangerous to row safely.
16. Rowing shells shall form groups of two or more where practical. If a rowing shell is swamped or capsizes, the accompanying rowing shell shall ensure the affected rowers are safe (back in the rowing shell or on shore) before going for help. The international distress signal is repeatedly raising and lowering both outstretched arms. Rowers can use their flashing lights to aid in signaling that assistance is required.

**I have read, understand, and agree to abide by the DCRC Safety Policy.**

Print Name

Signature

Date

Rower

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Parent or Legal  
Guardian (if  
rower is less than  
19 years old)

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Witness

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