



2010 Learn to Row Application

Name: _____

Address: _____

Home Phone: _____ Cell: _____ Work: _____

E-mail: _____ Birthdate: _____

Gender: Male / Female Can You Swim: Yes / No Rowing Experience: Yes / No

Emergency Contact Name: _____ Phone: _____

Reasons you want to row: _____

Do you have any medical conditions that would interfere with rowing: Yes / No

If yes, please describe: _____

If you were referred by a PLRA member, what is their name: _____

If another member of your family is a PLRA member, what is their name: _____

Where did you learn about PLRA (e.g. newspaper, internet, calendar): _____

Do you give permission to be in to our member's only directory: Yes / No T-Shirt Size: S / M / L / XL

Please select the Learn to Row class you will attend: May 8-9 / May 10-11 / Jul 31-Aug 1 / Aug 2-3

Each two-day Learn to Row (LTR) class is limited to 18 participants, and is available on a first-come, first-served basis. We must have an application, release form and check before we can secure your spot in a class.

The LTR class is two consecutive days for three hours each day and is designed for those without any prior experience (novices). It is mandatory for all novices to attend LTR before participating in a Novice Sweep Program. The first day includes a safety class, instruction of technique on a rowing machine and familiarization with the equipment. The second day includes more instruction and an opportunity to get in a boat and row. This \$50 fee is non-refundable and does not apply to Novice Sweep Program dues.

After the LTR class, participants may join the Novice Sweep Program with regularly scheduled practices on Tuesday evening and Sunday morning. Novices can attend one or both practices each week. This is a 12-week program with the LTR class being the first week. There will be an emphasis on fundamentals so apparent progress will be slow early on, but learning to row properly will pay off in the long term.

Please mail this application and the Release of Liability / Affirmation of Swimming Ability form to PLRA at 1351 S Cleveland Massillon Rd Unit 1, Copley, OH 44321 along with your check for \$50 payable to PLRA.

The Portage Lakes Rowing Association offers rowing programs for adults (18+).

All members must attend a safety class before rowing. All rowers must have the ability to swim 100 yards and thereafter to tread water for 4 minutes; otherwise they must wear a PFD at all times while on the water.

PLRA will not share your confidential personal information with anyone (except with US Rowing and their insurance company) unless you indicate "yes" on the above question about sharing with other members. By filling out this application you agree to be put on our mailing list and e-mail list.

THIS SECTION FOR PLRA USE

Dues: _____ Check #: _____ Received by: _____ Received on: _____



Release of Liability / Affirmation of Swimming Ability

IN CONSIDERATION of being given the opportunity to participate in any Portage Lakes Rowing Association (“PLRA”) activities (“Activity”), including PLRA practices, workouts, regattas and other PLRA activities, during the term 1/1/10 – 12/31/10, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. I 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.

2. I 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 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. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of PLRA 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. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, PLRA, 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 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 also affirm that I have the ability to swim 100 yards and thereafter to tread water for 4 minutes.

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.

Printed Name: _____

Signature: (only if age 18 or older) _____ Date: _____