



## ***Ridgewood Crew – Learn-to-Row/Novice Programs Summer 2019***

### **Rower Information:**

Rower Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_

Address \_\_\_\_\_

Home # \_\_\_\_\_ Rower Cell # \_\_\_\_\_

Rower Email Address \_\_\_\_\_ DOB \_\_\_\_\_

School \_\_\_\_\_ Grade entering in Sept 2019 \_\_\_\_\_

A one-time swim test certification is required for all Learn-To-Row students/first-time rowers and can be completed at a YMCA or by a certified lifeguard. The Swim Test Certification Form is included on the last page of this registration form, or you can download it [here](#).

### **Parent/Guardian Information:**

Parent 1 Name \_\_\_\_\_

Parent 2 Name \_\_\_\_\_

Parent Address (if different than rower's) \_\_\_\_\_

Parent 1 Email \_\_\_\_\_ Parent 1 Cell \_\_\_\_\_

Parent 2 Email \_\_\_\_\_ Parent 2 Cell \_\_\_\_\_

### **Special Instructions:**

If you are new to Ridgewood Crew, a completed Ridgewood Crew Waiver ([click here](#)) must be attached to this form.

All programs must be prepaid, with a check payable to Ridgewood Crew. Receipt of full payment is required for participation confirmation.

No refunds, prorated weeks, or credits will be provided for athletes who drop out of the program. If you miss a session, a make-up practice is allowed once, subject to prior arrangement with the coach(es).

Please mail the completed Sign-Up Sheet, Ridgewood Crew Waiver, Swim Test Certification, and check no later than the Thursday prior to the LTR session to:

Ridgewood Crew  
PO Box 1339  
143 E Ridgewood Dr  
Ridgewood, NJ 07450



**Ridgefield Crew – Learn-to-Row/Novice Programs  
Summer 2019**

<b>Learn-to-Row Program:</b> For those with no rowing experience						
Group	Dates	Days	Times	Max # rowers/session	COST	SELECT
LTR 1	June 1 & 2	Sat/Sun	11 am - 3pm	8	\$300	
LTR 2	June 8 & 9	Sat/Sun	11 am - 3pm	8	\$300	
LTR 3	June 15 & 16	Sat/Sun	11 am - 3pm	8	\$300	
LTR 4	June 22 & 23	Sat/Sun	1 - 5pm	8	\$300	
LTR 5	June 29 & 30	Sat/Sun	1 - 5pm	8	\$300	

**What To bring:**

- 1: Water Bottle
- 2: Fitted Clothing- Loose or baggy shorts will become caught in the equipment.
- 3: Extra Clothing- In the event of rain, rain jacket.
- 4: Hat & Sunscreen
- 5: Sneakers & Socks
- 6: Lunch or Snack

<b>Novice Program:</b> For those who have completed the Learn-to-Row (LTR) session or with less than one year of experience.					
Dates	Days	Times	Max # rowers/session	COST	SELECT
June 25 – July 26	Tues/Wed/Fri	11:30am – 1:30pm	16	\$375	
<b><u>REGATTAS</u></b>					
1. Overpeck Summer Sprint; Ridgefield Park/Leonia, July 27, 2019					



# *Ridgewood Crew – Learn-to-Row/Novice Programs*

## *Summer 2019*

### **PARENT/GUARDIAN LIABILITY WAIVER & EMERGENCY CONTACT FORM**

**Child's Name:** \_\_\_\_\_

I, the parent/guardian of the above-named child, hereby give my full consent and approval to his/her registration and participation in Ridgewood Crew for the 2019 calendar year. I understand that there are certain risks of injury inherent in the practice and races of crew, as well as transporting my child to or from any of the regattas or crew-related events, and I am willing to assume all risks and hazards incidental to the conduct of such activities.

I hereby confirm that my child is fully capable of participating in the sport of crew and that my child is in sound medical condition and has no physical or mental disabilities or conditions that would restrict full participation, except as noted below. Please include all known allergies.

**Physical Disabilities, Medical Conditions and/or Allergies:**

\_\_\_\_\_  
\_\_\_\_\_

**Physician Name & Number:** \_\_\_\_\_

In the event of my absence, if my son/daughter is suffering from an injury or condition requiring diagnosis and immediate medical or surgical treatment, I do hereby voluntarily authorize Ridgewood Crew coaches, Board members, and/or parent volunteers at the scene to consent to such diagnostic procedures, medical/hospital care, medication administration, and to such medical, surgical, or x-ray treatment as may be deemed necessary by and under the direct authorization of a licensed physician/practitioner.

**Emergency Contact Info:**

Parent #1 Name: \_\_\_\_\_

Cell: \_\_\_\_\_; Work: \_\_\_\_\_; Home: \_\_\_\_\_

Parent #2 Name: \_\_\_\_\_

Cell: \_\_\_\_\_; Work: \_\_\_\_\_; Home: \_\_\_\_\_

**Emergency Contact Info (Continued):**

Emergency Contact Name: \_\_\_\_\_

Cell: \_\_\_\_\_; Work: \_\_\_\_\_; Home: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Cell: \_\_\_\_\_; Work: \_\_\_\_\_; Home: \_\_\_\_\_

In addition, I hereby release, absolve, and discharge Ridgewood Crew and its officers, directors, coaches, sponsors, supervisors, representatives, and any person transporting my child to and from any of the activities from any claim or liability in case of an accident, injury and/or medical and dental expenses incurred to my child.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_



## ***Ridgewood Crew – Learn-to-Row/Novice Programs Summer 2019***

Your Name (print legibly) \_\_\_\_\_

Prior to any Learn-to-Row Program or competitive racing program, including Ridgewood Crew, participants must pass a **Swim Test**. The swim test has 3 parts:

- 1) A 50 meter (2 laps) swim in a swimsuit
- 2) 25 meter swim in sweatshirt and sweatpants
- 3) Treading water for 5 minutes in sweatshirt and sweatpants.

Swim tests are administered at the Ridgewood YMCA (201-444-5600), Wyckoff YMCA (201-891-2081), or by any certified lifeguard. Rowers should bring swimsuit, sweatshirt/pants, towel, and change of clothing.

### **Swim Test Certification—this section to be completed by lifeguard or WSI:**

I, \_\_\_\_\_ (print guard or instructor's name), certify that  
\_\_\_\_\_ (print swimmer's name) has completed the requirements  
described above. This test of swimming ability was given on \_\_\_\_\_ (date).

I am currently certified as an American Red Cross lifeguard and/or Water Safety Instructor.

My certification expires on \_\_\_\_\_ (date)

Signature of Guard/Instructor: \_\_\_\_\_

Signature of Swimmer: \_\_\_\_\_