

FARMINGTON VALLEY ROWING ASSOCIATION

542 HOPMEADOW STREET, PNB 101
SIMSBURY, CT 06070
INFO@FVRA.ORG

MARCH 23, 2009

Dear Fellow Rowers,

Welcome back to our continued members and to new rowers. We are excited to have you join us for the 2009 rowing season.

FVRA's Spring Season is just around the corner. The following pages are the application form & waiver for 2009 membership. Please fill out as completely as possible. Choose the experience level which best fits you. Make your check payable to FVRA. Read the **WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT**. Print your name, address and phone number, and then sign it and date it. Please mail to:

FVRA
542 Hopmeadow Street
PNB 101
Simsbury, CT 06070

**FARMINGTON VALLEY ROWING ASSOCIATION
2009 Membership Application**

Please complete this form, fill in and sign both the waiver and the sign off sheet, and enclose a check for the appropriate dues amount payable to "FVRA". Mail your Membership Application to FVRA - 542 Hopmeadow Street, PNB. 101, Simsbury, CT 06070. Please submit payment by Apr 15 2009. REMEMBER, "NO CASH, NO SPLASH!" Should you have any questions, please email info@fvra.org or call Connie Clifford at 860 242 1111 (work)
Please be sure to include your full name, address and Phones numbers & an email address. FVRA uses email to communicate regarding coaching and clinic scheduling as well as other club activities. FVRA also distributes this information to its current members for such purposes. Please provide a work phone or work email at your discretion.

Personal Information:

| | |
|--------------------------|--|
| Name: | |
| Address: | |
| City, State, Zip: | |
| Home Phone: | |
| Work Phone: | |
| Home Email: | |
| Work Email: | |

Level of Experience: Please circle one

Novice/Beginner

 Experienced

Wear comfortable clothing, shorts or tights, T-shirt, warm up jacket, socks, sneakers. Clothing should fit close to body so as not to catch under seat rollers. Bring bottled water.

Emergency Information

Name _____ Home Phone Number _____ Cell # _____
 Emergency Contact Person _____ relation _____ Phone _____
 Your physician _____ phone _____
 Preferred Hospital _____

Optional Medical Information

Blood type _____ Allergies _____ Diabetic _____ Medications _____
 Any pre-existing physical condition which could worsen with rowing: _____

I have read the above information and agree to comply with the basic safety rules stated within this form in addition to the policies and procedures stated in the FVRA Safety Manual. I row at my own risk if the basic safety practices are not followed. I understand and fully accept and assume all such risks and responsibility for losses, costs and damages I incur as a result of my participation in rowing.

Signature: _____

Date: _____

FARMINGTON VALLEY ROWING ASSOCIATION ("FVRA")
WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT
("AGREEMENT")

IN CONSIDERATION of being given the opportunity to participate in any way in any and all FVRA rowing, regatta, or other activities ("Rowing Activities") until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. 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. FULLY UNDERSTAND that: (a) Rowing Activities involve danger and risk of serious bodily injury, including but not limited to permanent disability, paralysis, and death ("Risks"); (b) these Risks may be caused by my own actions, or inactions, the actions or inactions of others participating in the Rowing Activity, the condition in which the Rowing Activity takes place, or the negligence of the Releases 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 Rowing Activity;

3. AGREE AND WARRANT that I will examine and inspect each Rowing Activity in which I take part as a member of the FVRA 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. HEREBY RELEASE, discharge, and covenant not to sue the FVRA, their administrators, directors, agents, officers, members, volunteers, and employees, other participants, regatta organizers, any sponsors, advertisers, and, if applicable, owners or 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 Releasees 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 any cost which may incur as the result of such claim.

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 OF PARTICIPANT: _____

ADDRESS: _____
(STREET) (CITY) (STATE) (ZIP)

PHONE: _____

PARTICIPANT'S SIGNATURE: _____ **DATE:** _____
(ONLY IF AGE 18 OR OVER)

GUARDIAN/PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of Rowing Activities and the minor's experience and capability and believe the minor to be qualified to participate in such Rowing Activity. I hereby release, discharge, covenant not to sue, and **AGREE to INDEMNIFY AND SAVE AND HOLD HARMLESS** each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue 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 above releasees, **I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS** each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or any cost which may incur as the result of any such claim.

PRINTED NAME OF GUARDIAN/PARENT: _____

ADDRESS: _____
(STREET) (CITY) (STATE) (ZIP)

PHONE: _____

GUARDIAN/PARENT SIGNATURE DATE _____ **DATE:** _____
(ONLY IF PARTICIPANT IS UNDER THE AGE OF 18)