



## Mid Hudson Rowing Association: LTR Information and Safety Certification 2017

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

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_

Address \_\_\_\_\_

Email (for MHRA business only): \_\_\_\_\_

(*please* print legibly)

I **DO NOT** wish to share my phone number / email for club communication

Emergency Contact: \_\_\_\_\_ Relationship \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_

**ROWING IS BY ITS NATURE A PHYSICAL SPORT. THOSE PARTICIPATING SHOULD BE IN GOOD PHYSICAL HEALTH. IT IS ADVISABLE TO CHECK WITH YOUR PHYSICIAN BEFORE STARTING ANY NEW SPORT.**

Allergies / Health Problems that may be impacted by rowing or its associated activities: \_\_\_\_\_

### Please check applicable MHRA 2017 Program(s)

Guest Tank Sessions (Feb 25<sup>th</sup> or Mar 4<sup>th</sup>) \_\_\_\_\_

LTR Session I (June 10th – 18th) - Fee: \$150 \_\_\_\_\_

LTR Session II (July 8th-16th) - Fee: \$150 \_\_\_\_\_

Sculling Clinic (July 18th-27th)- Fee: \$175 (\$150 for member) \_\_\_\_\_

Fall into Rowing (September 16th & 17th) – Fee \$60 \_\_\_\_\_

I have read and agree to abide by MHRA club and safety rules. \_\_\_\_\_ Yes \_\_\_\_\_ No

(MHRA safety rules are posted on the MHRA website and in the boathouse)

I can swim 50 yards. \_\_\_\_\_ Yes \_\_\_\_\_ No

I can keep afloat for 10 minutes. \_\_\_\_\_ Yes \_\_\_\_\_ No

I can put on a life jacket while in the water. \_\_\_\_\_ Yes \_\_\_\_\_ No

If you cannot answer yes to these safety statements, please speak with an MHRA coach.

I have completed the 2017 US Rowing waiver on the US Rowing website (required) \_\_\_\_\_ Yes \_\_\_\_\_ No

(<http://membership.usrowing.org>; Sign in as an Athlete using our club code: C73BZ)

Signature: \_\_\_\_\_

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

Complete this application and mail it with payment to:

Mid Hudson Rowing Association

P.O. Box 683,

Poughkeepsie, NY 12602