



Mid Hudson Rowing Association: Rower Information and Safety Certification 2018

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: _____

2018 Membership Fees (payment plans available)

Annual (April 1, 2018 – March 31, 2019): ___ Individual \$505 ___ Individual (private shell) \$330
___ Family \$815 ___ Family (1 private shell) \$640 ___ Family (2 private shells) \$465

Other: ___ Student Summer \$220 ___ Monthly \$160/month for _____ months

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 2018 US Rowing waiver on the US Rowing website _____ Yes _____ No

(<https://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