



**Mid Hudson Rowing Association: Rower Information and Safety Certification 2019**

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, 2019 – March 31, 2020): \_\_\_ Individual \$525 \_\_\_ Individual (private shell) \$345  
\_\_\_ Family \$845 \_\_\_ Family (1 private shell) \$665 \_\_\_ Family (2 private shells) \$490

Other: \_\_\_ Student Summer \$230 \_\_\_ Monthly \$165/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)

[www.midhudsonrowing.org/safety.html](http://www.midhudsonrowing.org/safety.html)

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 2019 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**