

**Berkeley Crew Summer Rowing Program  
Athlete Enrollment Packet**

**June 21, 2010- June 25, 2010  
4:30-6:45 pm or  
August 16, 2010- August 20, 2010  
4:00 pm-7:00 pm  
Jack London Aquatic Center  
115 Embarcadero**

Program will include instruction on basic rowing technique. Upon completion athletes entering Berkeley High School in Fall 2010 will be invited to continue rowing with the current Berkeley High Rowing team for the duration of the summer.

**Cost= \$75**

*Please contact coaches if financial assistance is needed.*

**Coaches**

**Sabrina Linden**

**925 330 1037**

**w\_vararsity\_coach@berkeleyhighcrew.org**

**Morgan Fenner**

**510 385 1001**

**m\_3\_coach@berkeleyhighcrew.org**

**Completed packets are required by first session.**

**2010 Berkeley Crew Summer Rowing**

# Athlete Enrollment Form Session June \_\_\_ or August \_\_\_

<b>Rower's Name</b>	<b>Date of Birth</b>	<b>Height</b>	<b>Weight</b>
<b>Rower's Email</b>	<b>Rower's Cell#</b>	<b>Rower's Home#</b>	
<b>Rowing Experience</b>	<b>Graduation Year</b>	<b>High School Grade</b>	
<b>Parent/Guardian #1</b>	<b>Home #</b>	<b>Work #</b>	
<b>Address/City/Zip</b>			
<b>Email</b>	<b>Cell#</b>	<b>Pager#</b>	
<b>Parent/Guardian #2</b> (fill in fields that are different from above)	<b>Home #</b>	<b>Work#</b>	
<b>Address/City/Zip</b>			
<b>Email</b>	<b>Cell#</b>	<b>Pager#</b>	

**In case of an emergency, please contact :** \_\_\_\_\_ **at**

**Work** \_\_\_\_\_ **Cell** \_\_\_\_\_ **Home** \_\_\_\_\_

### PARENT CONSENT TO PARTICIPATE

I recognize that any sports activity such as crew may involve certain dangers, including but not limited to the hazards of rowing, shell/boat upset or collision with other watercraft, water immersion, lifting and carrying of shells and equipment, forces of nature, conditioning exercises and the actions of crew participants and other persons. I understand that Berkeley Crew, Berkeley High School, the coaches and all persons related directly or indirectly with the program assume no financial obligation or liability for any injury, illness or disability arising from a minor's participation in the Berkeley Crew program.

I hereby consent that my child \_\_\_\_\_ train and row with Berkeley Crew under the supervision of its Coaches. In case of an accident or injury in which the above minor is not able to give consent for medical care, I (the Parent/Legal Guardian) hereby give permission for the above minor to be given emergency medical treatment.

\_\_\_\_\_  
 Parent/Guardian Signature      Relationship      Date      Rower's Signature      Date

# 2010 Berkeley Crew Swimming Proficiency Form (Required)

## SWIMMING PROFICIENCY CERTIFICATION

*I certify that (rower's name) \_\_\_\_\_  
has successfully performed the following tests before me:*

- 25 yard strong overhand stroke.
- 25 yard strong backstroke, and
- 5 continuous minutes of treading water.

*These tests were performed at:*

Pool: \_\_\_\_\_

On this Date: \_\_\_\_\_

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

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

# Berkeley Crew

## Parent & Rower Release from Liability Waiver

### ROWING RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

#### 2010 SUMMER SEASON

IN CONSIDERATION of being given the opportunity to participate in any way in any Berkeley Crew program or activities ("Activity") starting June 15, 2010 until August 30, 2010, 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 RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasees 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 Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of Berkeley Crew or as a participant in Berkeley Crew activities, 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 US Rowing, Berkeley Crew, Jack London Aquatic Center, their administrators, directors, agents, boards of directors, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and 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 cost which any may incur as a 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 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: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Signature of Participant: \_\_\_\_\_  
(only if age 18 or over)

#### PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such 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 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 cost as may incur as the result of any such claim.

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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_  
(only if participant is under age 18)

# RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

This agreement contains a release and waiver of important legal rights and constitutes an agreement to indemnify for certain losses. **Please Read Carefully.**

IN CONSIDERATION of being permitted to enter and utilize the facilities and equipment of the Jack London Aquatic Center, Inc. ("JLAC") and to participate in JLAC programs, the Participant or Participant's parent/legal guardian (if Participant is under 18 years of age), for the Participant and his/her personal representatives, assigns, heirs and next of kin, acknowledges, agrees and represents that:

1. Participant or Participant's parent/legal guardian is aware that certain risks exist in the activities and programs of JLAC. Among other things, these risks include adverse weather, exposure to the elements, capsizing, collision with other vessels, and drowning. Such risks, as well as unexpected or unforeseen events or conditions, could lead to physical injury or death. Participant and Participant's parent/legal guardian voluntarily participates in this program and utilizes various JLAC facilities and equipment with the knowledge of these risks involved, and agrees to accept any and all such risk of injury and death.
2. The Participant or Participant's parent/legal guardian hereby releases, waives and discharges the JLAC, the Port of Oakland and the City of Oakland (and their respective directors, officers, employees, agents, members and affiliates) (together "the Releasees") from all liability to Participant or Participant's personal representatives, assigns, heirs, and next of kin, for any and all loss, injury or damage, and any claim or demands on account of injury to the person, death or injury to personal property, whether caused by the negligence of the Releasees or otherwise, while Participant is in or about the facilities of JLAC, using equipment of JLAC or participating in activities or programs of JLAC.
3. Participant or Participant's parent/legal guardian hereby assumes full responsibility for any risk of bodily injury, death or property damage due to the negligence of Releasees or otherwise, while Participant is in or about the facilities of JLAC, using the equipment of the JLAC, and participating in activities or programs of JLAC.
4. Participant or Participant's parent/legal guardian hereby agrees to indemnify the Releasees and to save and to hold the Releasees harmless, and each of them, from any and all liability, damage, or cost they may incur due to the presence of the Participant or his/her property on or about the facilities of the JLAC, due to Participant's use of JLAC facilities or equipment, or due to Participant's participation in activities or programs of the JLAC, whether caused by the negligence of the Releasees or otherwise. Participant or Participant's parent/legal guardian agrees to assume full responsibility for any loss, liability, damage, or cost which results from Participant's acts or omissions, including but not limited to, damage or loss of or to the facilities or equipment of the JLAC.
5. Participant or Participant's parent/legal guardian expressly agrees that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by the laws of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
6. Participant or Participant's parent/legal guardian has carefully read, and fully understands and voluntarily signs the release and waiver of liability and indemnity agreement and further agrees that no oral representations, statements, or inducements apart from the foregoing written agreement have been made. The Participant or Participant's parent/legal guardian is aware that this is a contract, which he/she signs freely and voluntarily.

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
Signature of Participant (if over 18)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
Signature of Parent/Legal Guardian (if under 18)

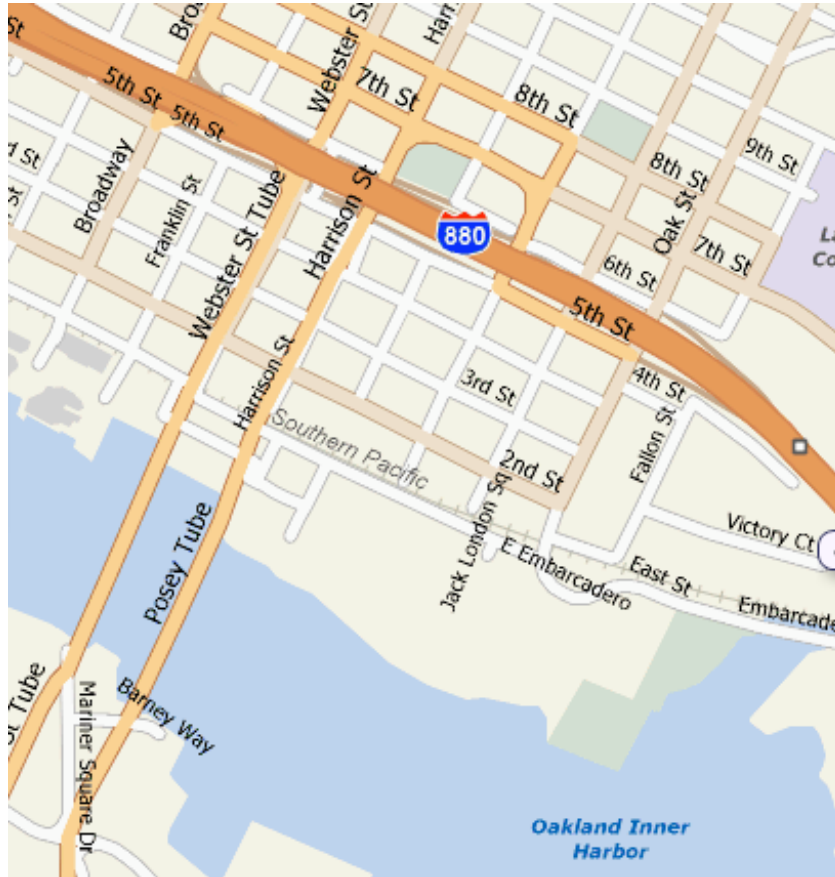
## Directions to Jack London Aquatic Center:

From Berkeley/El Cerrito/I-80 West:

Take I-80 WEST toward Oakland. Merge onto I-580 East/Downtown Oakland (CA-24) toward Hayward/Stockton. Now take the I-980 WEST EXIT towards DOWNTOWN OAKLAND. Take the JACKSON STREET EXIT, staying RIGHT at the fork in the ramp. The exit will drop you on 5TH STREET. Stay on 5TH STREET for 3 blocks until you reach OAK ST. Turn right on OAK ST., OAK ST. becomes EMBARCADERO after crossing the railroad tracks. Go approximately 3/10 mile on the EMBARCADERO, turn RIGHT into the entrance to Estuary Park and JLAC. Immediately after the JLAC entrance there is a small bridge on the EMBARCADERO; if you go over the bridge, you've gone too far.

## Public Transportation:

On BART, Exit Lake Merritt BART Station at Oak Street and 8th Avenue. Walk South on Oak until it dead ends and you reach the train tracks. Cross the tracks and follow the EMBARCADERO (there is a bike path) as it winds east (left, away from Jack London Square). You will pass JETRO. The next driveway entrance is ours.



## What to bring:

Please have running shoes, appropriate outdoor clothing for exercise (closer fitting shorts/pants are best), sunscreen, hats, sunglasses, and a water bottle.