## Registration Check-Off List - 2020 Rowers Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The following (linked) forms and this check list must be completed and returned when registering and prior to participation:**

 Consent Form/Medical ABC

 [Rower Information Sheet](#_bookmark11)

 [Declaration of Health and Swimming Ability](#_bookmark12)

 [Photographic Model Release](#_Photographic_Model_Release_1)

 [Social Media Guidelines](#_Social_Media_Guidelines_1)

 [Alcohol, Tobacco, Illegal Substances and Weapons Policy](#_Alcohol,_Tobacco,_Illegal)

 [Parent Responsibilities](#_Parent_Responsibilities_1)

 [Receipt of Information and Agreement of Support](#_bookmark14)

 Signed up in [iCrew.club](https://www.icrew.club/signup.php?crewOrgID=d50e20b0-3153-a7ed-dc18-e055e367438e)

## To be completed before the Participant's first race:

 [US Rowing Proof of Membership](https://membership.usrowing.org/) (linked and pay online. Club Code: LNP73)

 US Rowing Release of Liability (online at above link)

## Rower Information Sheet

Rower’s Name (as it appears on Driver’s License or Valid Govt ID:

Preferred Name:

Primary Household: parent(s) or guardian(s) name(s):

Address:

City: Zip:

Telephone: number order in which we should try to call in an emergency

**1.** (Who):

**2.** (Who):

**3.** (Who):

Rower's Phone:

## Declaration of Health and Swimming Ability

I confirm my child can swim 100 meters in light clothing: Yes / No

I confirm that my child does not suffer from any known medical or physical condition that might affect him/her during physical exercise: Yes / No

## Photographic Model Release

Newport Sea Base Rowing, a California state not for profit corporation is hereinafter referred to as “NSBR”. Photographic images taken of NSBR rowers participating in any NSBR related activities are hereinafter referred to as “images”. Any Individual affiliated with NSBR or the rowers taking images are hereinafter referred to as “the photographer”.

* I hereby give NSBR and the photographer and their assigns my permission to license the images and to use the images in any media for any purpose (except pornographic, defamatory, libelous, or otherwise unlawful) which may include, among others, sale, advertising, promotion, marketing, and packaging for any product or service. I agree that the images may be combined with other images, text, graphics, and cropped, altered or modified.
* I agree that I have no rights to the images and all rights to the images belong to NSBR and the photographer and the assigns. I acknowledge and agree that I have no further right to additional consideration or accounting, and that I will make no further claim for any reason to NSBR, photographer and/or assigns. I acknowledge and agree that this release is binding upon my heirs and assigns. I agree that this is irrevocable, worldwide and perpetual and will be governed by the laws of the State of California.
* I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from the, or related to the, use of the photograph. I have read this release before signing below, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing prior to signing, and agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of release.

NSBR Rower Name: (printed)

I am 18 years of age or older and I am competent to contract in my own name. NSBR Rower Signature:

 Date:

I am the parent or legal guardian of the NSBR rower named above who is a minor and I sign on their behalf agreeing to the terms of this release.

Name of Parent/Legal Guardian: (printed

Signature of Parent or Legal Guardian:

 Date:

## Social Media Guidelines for Student-Athletes

**Introduction**

Newport Sea Base Rowing (NSBR) supports student-athletes to take part in ‘social media’ and post, blog, or tweet their experiences. Online activity by NSBR student-athletes must respect Newport Sea Base and Newport Sea Base Rowing, abide by the Terms and Service of the social networks, and comply with the following guidelines. Guidelines will apply to athletes during the period of their season or stay at Newport Sea Base Rowing.

Social networks include, but are not limited to:

* Social Networking: Facebook, LinkedIn, Google+, Myspace, Snapchat
* Micro-Blogs: Twitter, Tumblr
* Blogs: Wordpress, Blogger
* Photos and Video Sharing: YouTube, Pinterest, Instagram, Flickr, Picasa
* News Sharing and Bookmarking: Digg, Delicious

**Posting and Content**

Newport Sea Base Rowing encourages student-athletes to post on social platforms or websites during their season. However, student-athletes must be aware that material posted to their online profiles is subject to review by Newport Sea Base administrators and coaches. Social media postings should conform to the Newport Sea Base Rowing and Boy Scouts of Orange County’s goals, spirit and be in good taste. Avoid content that can be interpreted as obscene, offensive, threatening, or illegal. Any content in violation of team or Newport Sea Base rules, federal, state and local law is subject to disciplinary procedures.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentation of the following:

1. Posting photos, videos, comments or showing the personal use of alcohol, tobacco, i.e. holding cups, cans or cigarettes or vaping devices.
2. Posting photos, video and comments that are of a sexual nature. This includes links to websites of pornographic nature and other inappropriate material.
3. Posting pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana, and drug paraphernalia.
4. Using inappropriate or offensive language in all comments, videos and other postings. This includes threats of violence and derogatory comments against race, religion,  gender or sexual orientation.

Student-athlete social networking participants must not use the Newport Sea Base or Newport Sea Base Rowing logo or the Boy Scouts of America monogram and window on any online personal platforms or websites. Please refrain from using official club identifications on any posting, blogs, or tweets unless directly Replying, Mentioning, or Sharing from Newport Sea Base or Newport Sea Base Rowing pages. For use of these images, obtain prior approval from the Newport Sea Base main office.

**Online Safety**

Student-athletes may not be aware that third parties including the media, school faculty, future employers, opponents, fans and college coaches and officials can easily access their profiles and view personal information. This includes all pictures, videos, comments and posts. Inappropriate material found by third parties affects not only the perception and future prospects of the student-athlete, but also of his/her teammates, NSBR and Newport Sea Base.

For your own safety, please keep the following recommendations in mind as you participate in social networking websites:

1. Set your security settings so that only ‘Friends’ can view your profile.
2. You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
3. Beware of who you add as a ‘Friend’ to your site.

**Liability**

When student-athletes choose to go public with any comments, opinions, or other online materials, they are solely responsible. The online user can be held personally liable for any material deemed to be defamatory, obscene, or proprietary. Please ask permission from other teammates before posting on their behalf. All student-athletes on social media should make it clear that the views expressed in their activity are their own.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as NSBR or Newport Sea Base. Remember, present yourself in a positive image and respect yourself, your team, your family. **THINK FIRST, POST SECOND.**

Please sign in agreement of these guidelines and respect of yourself and the organization.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

Student-athlete Signature Student-athlete Printed Name Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_

Guardian of student-athlete signature Guardian’s Printed Name Date

**Participant Code of Conduct**

Participation in a crew program demands fitness, determination, strength, and a competitive instinct. It also bestows friendship, camaraderie, and an enormous sense of teamwork. It is with this in mind that the following Code of Conduct has been prepared.

1. I will work out in the boathouse or row only when I have been fully registered with paid dues and fees.

2. I will pay the required dues and fees on time.

3. I understand that if I am expelled from NSBR for disciplinary infractions, or if I quit the Team, I will forfeit any and all payments made.

4. I will participate in all mandatory NSBR fundraising events.

5. I will maintain a satisfactory record of conduct, citizenship, grades, and attendance in school.

6.­ I will demonstrate support for coaches and my fellow rowers, and show team spirit at all NSBR events and competitions.

7. I will be responsible for the proper care and use of equipment and for the boathouse.

8. I will pay for any equipment willfully or negligently damaged or lost. Removal of any equipment from the boathouse without the approval of the coaches is forbidden.

9. I will be punctual for practices and meetings.

10.I will participate fully in all the aspects of training.

11.My family and I understand that we are expected to volunteer our time for the NSBR program each year, and we promise to fulfill our obligations to help.

12. I understand that the use of alcohol, tobacco, e-cigarettes, vaping or any illegal substances is unacceptable by participants and will not be tolerated.

13.I promise to conduct myself with decorum and good sense, to behave courteously and considerately to all, and to refrain from vulgar language.

14.I will treat all teammates, opponents, coaches, officials, and parents with respect.

15.I understand theft at the boathouse or at any NSBR activity will not be tolerated.

16.I will respect the authority and decisions of the coaches as well as that of chaperones and other appropriate authorities.

17.I realize that team goals come before my needs or desires.

18.My parents and I will observe the rules regarding transportation to and from away rowing events.

19.My family and I understand that if I receive credit for Independent Study my school will be notified if I am in breach of this Participant Code of Conduct.

20.My parents and I understand that failure to let the coaches or any member of the Rowing Committee know immediately if there is someone on the Team who is not adhering to the Participant Code of Conduct is in itself a breach of the Code of Conduct.

The Code of Conduct is provided to each member of Newport Sea Base Rowing, receipt of which is acknowledgment that they understand the rules and the possible disciplinary action for violations, which could range from a verbal warning to suspension or expulsion from the program.

In addition, please observe the following:

* The sharing of water bottles can transmit many infections and viruses, ranging from the common cold, to flu and mono, and this practice is absolutely forbidden. To help protect our environment rowers should bring their own personal reusable water bottles to practices and races.
* All rowers and coxswains should come to practices properly attired. This means wearing the appropriate clothing for the sport of rowing – such as running shoes, bike shorts, and aerobic workout gear etc. Baggy shorts cannot be worn in the boat or on the erg as they get caught in the tracks. Open toed shoes are not permitted in the workout room or for running.
* The equipment (boats and oars) must be thoroughly washed down after each practice, toweled off and returned to the correct boat racks. The towels should be returned neatly to their racks.
* Rowers and coxswains representing NSBR in competition MUST wear official NSBR clothing and each crew MUST dress uniformly.
* An athlete with a negative impact on the team may be removed from the program.

**Overnight Trips**

1. Food or drinks brought on the trip can be confiscated or disposed of at the discretion of any coach or chaperone.

2. All bags and rooms are subject to inspection at any time.

3. Trip curfews will be set by the coaches and enforced by the chaperones. No one is allowed out of his or her room after curfew. Violation of curfew may result in instant dismissal of the offender from the competition, at the participant’s cost.

4. Rowers or coxswains may only be in the hotel room of a member of the opposite sex if a coach or chaperone is present. Violation of this rule will result in the removal from competition, at the participant’s cost, of both the offender and ***everyone present in the room with him/her.***

5. At no time may participants leave the immediate competition site without express permission from their coach. Violation can result in instant dismissal from the competition, at the participant’s cost.

6. Participants may not leave the competition site at the completion of racing until released by the Head Coach.

7. Hotel rooms, regatta sites, buses, and vans will be cleaned and returned to their original condition. Individuals will be held responsible for any damage to any equipment, rooms, buses, etc.

8. Any inappropriate behavior, including use or possession of drugs, alcohol, tobacco, e- cigarettes or inappropriate sexual behavior will result in immediate dismissal from the regatta at the participant’s cost, dismissal from the program, and ***can jeopardize college eligibility in rowing and other sports.***

9. Destruction, vandalism, or theft of property as well as access in unauthorized areas will result in dismissal from the team and parents being responsible for damages caused by actions.

10. NCAA rules do not allow you to talk to College coaches or recruiters until you have been released to do so by the Head Coach.

11. All members are required to remain to load and unload the boat trailers before and after they travel to races until released by the coaching staff.

## Alcohol, Tobacco, Illegal Substance, and Weapons Policy

Newport Sea Base Rowing enforces a zero tolerance policy regarding the acquisition, use, or possession of alcohol, marijuana, tobacco, e-cigarettes, vaping, narcotic, or any other illegal substance (including, but not limited to, proscribed performance enhancing substances) or weapon of any kind. This policy provides that any NSBR member who is found to have been in possession of alcohol, marijuana, tobacco, e-cigarettes, vaping, narcotic, or any illegal substance, or weapon at any time during an NSBR activity or official event, or school activity will have his or her participation/membership immediately suspended pending a termination review.

This policy applies to all NSBR activities, including practices, regattas, and official NSBR social events. It applies to all times during those activities, including from the time a member enters the parking lot, boards a car, bus or van, or enters the premises of any official social event until such time as the member ceases to be engaged in the activity or the event and **has left the premises.** Since Newport Sea Base encourages good citizenship this policy also applies to non- NSBR events and activities including but not limited to school programs and social functions.

A termination for violation of this policy shall be effective immediately for an indefinite period. In the event of a termination of membership as a result of this policy, the affected member will forfeit, without right of reimbursement, all membership dues. The member may subsequently re-apply for membership with the understanding that the decision whether or not to re-admit the member is solely within the discretion of the Newport Sea Base.

Unfounded, malicious reporting of violations of this policy will result in the indefinite suspension of the guilty party/parties.

### Procedures for Enforcement

The coaches and Program Director are charged with the initial responsibility of investigating and determining whether a violation of the policies has occurred. On making the determination that a violation has occurred, the coaches shall promptly inform the member who committed the violation. The coaches will determine if the violation requires immediate action or action that may await further review. At a regatta a violation may mean immediate dismissal from the competition and the athlete being sent home at his or her/own expense.

Athlete’s Signature:

 Date:

Parent/Guardian’s Signature:

 Date:

Parent/Guardian’s Signature:

 Date:

## Parent Responsibilities

Being an NSBR parent entails certain responsibilities. I agree that I will:

1. Read and abide by the article “Parent Interaction with Coaches”.
2. Ensure that all forms and fees are delivered on time.
3. Take a lead role in supporting my rower, and participating in chaperoning and food support at regattas.
4. Respect that the coaches have full responsibility for training the participants.
5. Respect the coaches as the final authority on boat selection and rowing matters.
6. Remember that the coaches seek to create a positive experience for as many athletes as possible and that while decisions may appear somewhat subjective, they are not personal.
7. Not distract the coaches before, during practice, or at regattas.
8. Refrain from communicating with coaches during a practice.
9. Attend all mandatory Parent Meetings.
10. Refrain from making disruptive or negative comments about any participant, coach, program director, officials or opponents. Lack of cooperation with this may result in my child and me being removed from the program.
11. Support my rower and enjoy his or her growth and development through their commitment, dedication and teamwork.

I understand that I will be approached regarding any violations of the above. After two such interventions my rower and myself may be removed from the program.

Parent/Guardian’s Signature:

 Date: Parent/Guardian’s Signature:

 Date:

## Receipt of Information and Agreement of Support

We have received and read the program information and policy documents outlining the Newport Sea Base Rowing junior team goals, schedules, rules, regulations, exceptions and general guidelines, including the Participant Code of Conduct and Overnight Trips.

As a rower on the Newport Sea Base Rowing junior team and as parent(s) of a member of the rowing program, we understand and support the rowing program in its philosophy and policies, including, inter alia, the Participant Code of Conduct, Overnight Trips, Parent Responsibilities, and Zero Tolerance Policy.

Rower Signature:

 Date:

Parent Signature:

 Date:

Parent Signature:

 Date: