Youth Competitive Program
Safety and Forms

Community Rowing, Inc. enriches the greater community through its comprehensive rowing opportunities by introducing avenues for athletic development and personal growth.

Harry Parker Boathouse
20 Nonantum Road,
Brighton, MA 02135
P: 617-779-8267
F: 617-779-8269

Photographs by Eric Cohen
Safety

Community Rowing, Inc. is a safety-first organization. Our coaches and staff are trained to put the safety of our athletes above all other objectives, both on and off the water.

All coaches are required once yearly to participate in the CRI Safety Presentation with Kane Larin, reflecting specific safety practices at CRI and on the Charles River as well as providing concrete expectations for coaches’ conduct while coaching at CRI.

Additionally, new coaches perform ride-alongs to observe master coaches on the river in order to gain experience in real-time situations as they arise on our very busy river.

Coaches are trained in CPR, AED and First Aid as well as our Emergency Protocol.
Swim Test Form

COMMUNITY ROWING INC.
SWIM TEST FORM

Instructions:
1. Write Name of Participant on the Swim Test Card;
2. Have a certified Lifeguard/Water Safety Instructor observe you and complete form below;
3. Make a copy of your card for your records;
4. Bring this form to the boathouse on the first day of program; or mail a copy to:
   Community Rowing
   20 Nonantum Road
   Brighton, MA 02135

Name of Participant/Rower:_________________________________________________
Name of Lifeguard/Water Safety Instructor:______________________________
Name of Pool:____________________________________________________________
Phone Number of Pool:____________________________________________________

Swim Test Certification:
I hereby certify that the participant can swim 100 yards in a competent manner and can remain afloat for at least 5 minutes.

Signature of Lifeguard/Water Safety Instructor:______________________________
Date of Test: ____________________________

Keep a copy of the completed swim test for your records.
Additional Forms

Since the spring of 2012, Community Rowing, Inc. moved the three subsequent forms online as part of the registration process:

- Medical Authorization and History
- Participant Code of Conduct
- Parent Code of Conduct

In our ongoing effort to access important athlete and parent information quickly while at the same time making the information easier for families to submit, we now require that these forms be completed during the registration process. The following forms are your copies to keep for your records and do not need to be filled out and turned back in to CRI.
Medical Authorization and History

Print Name of Rower

Print Name of Parent or Legal Guardian

Relationship to Rower

I hereby authorize and consent to the administration of any and all medical, dental, and surgical examinations or operations and treatment or all other related care, including the administration of drugs, tests, anesthesia and/or blood transfusions to the above named minor person that may be ordered by a physician and/or dentist in attendance at the medical center deemed necessary for emergency treatment. I hereby consent to the release of medical report(s) to any doctor or agency and consent to the admission of the above named minor person to the hospital.

Parent or Legal Guardian Sign here_______________________________

Date_______________________________

I understand that Community Rowing Inc. and its officers, employees and volunteers assume no financial obligation or liability in the case of my child’s accident or illness. If I, or anyone on my or my child’s behalf makes a claim against Community Rowing Inc. or their officers, employees or volunteers arising from to my child’s participation in Community Rowing Inc. programs, I agree to indemnify and hold them harmless from any litigation expenses, attorneys’ fees, loss, liability, damage or costs they may incur due to the claim made against any of them, whether the claim is based on their negligence or otherwise. I sign this agreement on my child’s behalf, my behalf and on behalf of my personal representatives, assigns, heirs and next-of-kin. I hereby give my permission for emergency treatment for my child and assume financial responsibility for such treatment.

Parent or Legal Guardian Sign here_______________________________

Date_______________________________

*** Please continue with medical history on the following page. ***
Rowers Name

Date

First person to contact in an emergency:

Name

Relationship to Rower

Phone (day)

Phone (eve)

Phone (cell)

Alternate person to contact in an emergency:

Name

Relationship to Rower

Phone (day)

Phone (eve)

Phone (cell)

Physician (include Name, Phone Number & Address )

Health Insurance Co.

Medical Policy #

Asthma Yes No Does your child carry an inhaler?

Usual cause of asthma occurrence

Allergies

Medications

Diabetes Yes No Frequency of dosage and type of Insulin

Medical Concerns
Community Rowing, Inc. Youth Program

Participant Code of Conduct

While on Community Rowing property and/or during Community Rowing programs and events:
1. I will demonstrate good sporting behavior. I understand respect for other participants, coaches, officials, volunteers, other teams and spectators is essential for amateur competition and fair play.
2. I agree to attend and take part in all scheduled practices and activities.
3. I agree to accept and carry out the instructions of Coaching Staff or Chaperones of Community Rowing.
4. I will discuss any problems that may arise with Coaching Staff or Chaperones of Community Rowing.
5. I understand that alcohol, controlled substances, tobacco and weapons are prohibited.
6. I will be respectful of other people’s possessions and property and will refrain from activities that cause damage to either.
7. I understand that I am financially responsible for any damage I may cause when disobeying rules.

When traveling with the team, I agree to all of the above as well as:
8. I will be respectful of other participants and all adult chaperones realizing that my behavior affects others with whom I travel.
9. I will travel with and stay with the group at all times unless previous approval has been granted.
10. I will remain quietly in my own bed at the established team bedtime.
11. I understand that if I do not abide by these rules that the consequences may include, but are not limited to: completion of rowing-club service hours, being sent home immediately at my parents'/guardians’ expense, full suspension of CRI privileges including removal from immediate and future competition, and loss of all CRI membership privileges.
12. I understand that underage drinking and illegal activities will be reported to the offender’s parent or guardian, the CRI Executive Director and to the CRI President; discipline for underage drinking and /or illegal activities will be severe and will result in full suspension of CRI privileges including removal from immediate and future competition and loss of all CRI membership privileges.
13. I understand that refunds for membership, program or regatta fees WILL NOT be given upon suspension.

Rower’s Name:________________________ Signature:________________________

Phone:________________________ E-mail:________________________

Date:________________________

Parent Name:________________________ Signature:________________________

Phone:________________________ E-mail:________________________

Date:________________________

Parent Name:________________________ Signature:________________________

Phone:________________________ E-mail:________________________

Date:________________________
Community Rowing, Inc. Youth Program  

Parent Code of Conduct – Fair Play & Respect Program

It is the intention of this compact to promote Fair Play and Respect for all participants within CRI. It is expected that all parents of CRI participants read and understand the Parent Code of Conduct and continue to observe and follow all the principles contained within the Code throughout the year.

1. I will not force my child to row. I will try to make rowing FUN!
2. I will encourage my child to abide by the rules and to resolve conflict without resorting to gossip, hostility or violence.
3. I will teach my child that doing one’s best is as important as winning so that my child will never feel defeated by the outcome of the sport. I will make my child feel like a winner every time by offering praise for competing fairly and hard.
4. I will never ridicule or yell at my child for making a mistake or losing a race.
5. I will remember that children learn by example. I will applaud good efforts by both my child’s team and their opponents. I will not be critical of or embarrass any rower including opposition teams.
6. I will never question the official’s judgment or honesty in public. I recognize that officials are usually volunteers who are trying their best to be fair and honest.
7. I will respect and show appreciation for the volunteers who give their time to rowing for my child.
8. I will never yell, taunt, or threaten any rower, coach, official or spectator at any youth rowing activity. I will refrain from the use of abusive or vulgar language, racial, ethnic or gender-related slurs at any time at CRI or any youth rowing function. I will support all efforts to remove verbal and physical abuse from youth rowing events.
9. I will leave the coaching and coaching decisions to the coaching staff. I will encourage my child to row in a manner and in a position consistent with the team’s strategy or plans.
10. I will emphasize skill development and a serious approach to practices and explain how skill development will benefit my child.
11. I will attempt to learn about rowing (USRowing rules, equipment, levels, skills, etc.) so that I may best support my child’s development in the sport.
12. I will first communicate all and any concerns regarding inappropriate behavior to the parent coordinator(s) of my child’s program. If I require further discussion, I will communicate with the coach. I may seek other vehicles for resolution, such as communication with the Program Director or the Executive Director of CRI or a member of the Board of CRI.
13. I will insist that my child rows in a safe and healthy environment. I will support a sports environment that is free of alcohol, drugs or tobacco and I will refrain from their use at all CRI youth sponsored events.
14. I will remember that my child rows for his or her enjoyment, not mine.
15. I will make every effort to show respect and courtesy to others when communicating via electronic means such as e-mail or a listserve. If I have a problem to resolve, I will resolve it in person or on the phone and NOT through the use of a public listserv or e-mails sent to multiple recipients.

I have read and understand the above Code of Conduct, and agree to abide by its guidelines at all team and rowing activities. I understand that if I do not follow this Code of Conduct, I may be asked to leave a CRI activity or rowing event (such as a race or practice). In an extreme or repeated situation, I may be asked to withdraw my child from rowing at CRI.

Parent Name:_________________________ Signature:_________________________ Date:__________

Revised 3/12/14
Appendix One: Guide to the Charles River

This diagram of the entire length of the Charles River is the standard for boathouses all along the river as to how to navigate the river, bridge arches, and specific traffic patterns. While this is very specific information, when your athlete says “We raced from Anderson to Arsenal!” this will be a handy tool to figure out what he or she is talking about!