



LaSalle Rowing Club  
1 Laurier Drive,  
LaSalle,  
Ontario N9J 3L4

Phone # 226-280-8006  
Website: [www.lasallerowing.ca](http://www.lasallerowing.ca)

## 2017 Introduction to Rowing Registration Instructions

The LaSalle Rowing Club asks that you please complete all forms required.

1. Introduction to Rowing Registration
2. Participant Information
3. Release, Waiver, and Assumption of Risk.

Once completed, please mail your completed forms and your payment of \$150 to the membership secretary at the following address:

Peter Redfern  
470 Gaylord Ave.  
LaSalle, Ontario  
N9J 3G1

Please make all cheques payable to LaSalle Rowing Club.

Alternatively the forms and payment can be brought to the Boathouse.





# LaSalle Rowing Club

## 2017 PARTICIPANT INFORMATION

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

Date of Birth: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Day      Month      Year

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Alternate contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Family doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Hospital Insurance Number: \_\_\_\_\_

**Relevant Medical History:** Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

Previous injury: \_\_\_\_\_

Other: \_\_\_\_\_

Does the participant carry and know how to administer their own medications?

Yes:[ ] No:[ ]

Other conditions (braces, contact lenses, etc.): \_\_\_\_\_

Swimming ability (circle one) : non-swimmer/weak, recreational/intermediate, strong

**Note: Medical information is confidential.**



## LaSalle Rowing Club

### Release, Waiver and Assumption of Risk

**To the President and Board Members of the LaSalle Rowing Club (hereafter referred to as LRC)**

I \_\_\_\_\_ hereby apply for membership and/or participation in the LRC programs, on the basis as completed on this form.

In consideration of being permitted membership and/or participation in the LRC program, I, for myself, my personal representatives, heirs, and next of kin understand and agree that my signing of this document constitutes my agreement to the following terms & conditions.

1. I am familiar with and agree to abide by all By-law, rules, regulations and policies of the LRC.
2. I acknowledge that my membership fees and all other fees paid to the LRC are non-refundable.
3. I am familiar with and accept that there is the risk of injury and/or death in participation and I agree and acknowledge that I undertake any activity involving LRC equipment and/or facilities, including rowing, weight training and fitness training, entirely at my own risk, and that I am physically, emotionally and medically capable of undertaking such activity.
4. I understand and agree that at all times, the sole responsibility for my personal safety remains with me and I agree that the LRC is not responsible for any personal injury sustained by myself or any other person, or for the loss or damage to any property which I have brought, or may bring, to the premises, whether caused by theft or any other cause, including negligence of the LRC or any of its members, coaches, servants, agents or contractors.
5. I agree to abide by any safety rules and/or guidelines of the LRC and the Canadian Coast Guard. I understand and accept that it is my responsibility to have the following required safety equipment either in my shell or in a coach boat accompanying my shell, failing which I will pay any fines issued for failure to adhere to the safety rules and guidelines: one life jacket for each rower and coxswain; one tow rope; one bailer; a whistle or sounding horn; and one navigation light (flashlight).
6. I agree that a violation of the By-laws, rules or policies of the LRC, including the safety rules and guidelines of the LRC and the Canadian Coast Guard, may result in the suspension or termination of my membership and/or participation, in any programs and/or privileges within the LRC.
7. This Release constitutes an unqualified assumption by me of all risks associated with my participation in LRC activities, events and programs even if arising from the negligence or gross negligence, including any compounding or aggravation of injuries caused by negligent rescue operations or procedures of LRC and any persons associated therewith or otherwise participating in LRC activities, events and programs in any capacity.
8. This Release constitutes a full and final Release and Waiver of Liability and all Claims that I have, or may in the future have, against LRC, any person(s), entities or organization(s) associated in any way with LRC or any one or more of them and their respective directors, officers, employees, guides, contractors, agents and representatives of who are collectively referred to as the Releasees) from any and all liability for any loss, damage, injury, death or expense that I may suffer as a result of my use of or my presence at the LRC facilities or my participation in any part of, or my presence in any capacity at the LRC or LRC activities, events and programs due to any cause whatsoever, including negligence, gross negligence, breach of contract, or breach of any statutory or other duty of care on the part of the Releasees. I understand that negligence includes failure on the part of the Releasees to take reasonable steps to safeguard or protect me from the risks, dangers and hazards of rowing activities.
9. This release constitutes an Agreement not to sue the Releasees for any loss, injury, death, costs or damages of any form or type, however caused or arising, and whether directly or indirectly from my participation in any aspect of LRC.

10. This Release constitutes an Agreement to indemnify and save and hold harmless the Releasees, and each of them, from any litigation expense, legal fees, liability, damage, award or cost, of any form or type whatsoever that they may incur due to any claim made against them or any one of them by me or on my behalf, or that of my estate, whether the claim is based on negligence or the gross negligence of the Releasees or otherwise as stated herein.

11. This release is an Agreement governed by the laws, and the courts, of the Province of Ontario.

**I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT, I AM WAIVING CERTAIN SUBSTANTIAL LEGAL RIGHTS WHICH I AND MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.**

**I SIGN THIS DOCUMENT VOLUNTARILY AND WITHOUT INDUCEMENT.**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

**Parental Consent (for anyone under 18 years of age)**

I \_\_\_\_\_ hereby give my son/daughter \_\_\_\_\_  
(child's full name) permission to participate in the activities offered by the LaSalle Rowing Club, and understand the Club membership and financial requirements, as well as all the elements of risk associated with participating in these programs, and hereby agree to all the terms as set out in the Release, Waiver and Assumption of Risk.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

**Consent to post pictures and/or videos on the LaSalle Rowing Club public website (please check one only)**

\_\_\_\_ Yes, I the undersigned, consent to having my photo published on the LaSalle Rowing Club website at [www.lasallerowing.ca](http://www.lasallerowing.ca). I hereby release the LaSalle Rowing Club from any and all liability and legal or equitable claims of any kind, related to such being published on the website. I acknowledge that any and all participants will be identified on the LCR website, by their first names only.

\_\_\_\_ No I, the undersigned, **do not** consent to having my photos (or the photos of my child, if applicable) shared on the LaSalle Rowing Club Website.

**Consent to add you to the LaSalle Rowing Club email list**

I would like to receive email notifications and club updates. You can unsubscribe at any time.

Rower's Name \_\_\_\_\_ Rower's Signature (if 18 years or older) \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Parent/Guardian Signature (if under 18 years) \_\_\_\_\_

Date: \_\_\_\_\_