

**RELEASE OF ALL CLAIMS AND ASSUMPTION OF ALL RISKS FORM and VARSITY ROWER PLEDGE**

(A separate release form is required from every rower. Please initial each paragraph – 6 places and sign.)

I, the undersigned, represent as follows:

I am a qualified, competent swimmer and am physically able to participate in and withstand with ease and without supervision the rigors of participating in water sports, which may involve rough water swimming in low water temperatures, in the dark and against strong currents. \_\_\_\_\_

I understand that my participation in activities related to rowing/swimming sponsored by or associated with the San Diego Rowing Club (SDRC) may expose me to certain risks of serious injury, including death, and it is my express intent to assume all responsibility and risk for such participation regardless of the outcome, including injury or death resulting from the negligence of the SDRC, its members, directors, officers, employees, and/or volunteers. \_\_\_\_\_

I hereby FOREVER release and hold harmless the SDRC and its members, directors, officers, employees, and/or volunteers of any and all responsibility and liability of any kind or nature whatsoever for the loss or damage to property or personal injuries sustained or occurring during participation in any capacity in any activity sponsored by or associated with the activity of rowing/swimming in any related to, affiliated with, or sponsored by the SDRC or use of the facilities or equipment of the SDRC. \_\_\_\_\_

If I choose to store or leave any personal property items including, but not limited to, boats, sculls/oars, etc. (Personal Items) at SDRC, I freely do so at my own risk. I agree that SDRC, its members, directors, officers, employees, and/or volunteers, for any damage, theft, maintenance, safety, injury, death or any other liability, costs, or damages consequential or otherwise incurred directly or indirectly associated with or incurred through the use on or off the water, whether authorized or unauthorized, of the Personal Items or as a result of storage of Personal Items. I agree to maintain at all times my own necessary and appropriate insurance coverage of such Personal Items. \_\_\_\_\_

This shall serve as release and assumption of the risk for not only myself, but my heirs, executors, estate, administrators, and anyone acting on their behalf. \_\_\_\_\_

If the member is currently under the age of 18, his or her parent or legal guardian shall execute this document with its full intent and effect in force on behalf of the minor. The fact that this release is executed by the parent or legal guardian of a minor does not in any way minimize or negate the effect of same. \_\_\_\_\_

Print Name: \_\_\_\_\_ Date of Birth (mo/day/yr): \_\_\_\_\_

Team: MV \_\_\_\_\_ WV \_\_\_\_\_ MN \_\_\_\_\_ WN \_\_\_\_\_ MS \_\_\_\_\_ (initial one)

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Varsity Rower Pledge:** as a varsity rower (only), I pledge to commit to my team and attend all practices and races on time, unless I have a pre-approved absence (e.g. illness). I pledge to organize my schoolwork, exams and other extra-curricular activities with good time management, in order to meet my rowing team commitment.

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