

# **Atlanta Rowing Club (ARC) Cold Water Rowing Guidelines Waiver, Acknowledgment, Release and Hold Harmless Agreement**

I, \_\_\_\_\_, have been made aware of the availability of the US Rowing Safety video and safety poster in the ARC Upper Boathouse (UBH) (links to both are in #3 below). Both are accessible to me and are my responsibility to watch and/or read before completing this form and returning it to ARC, which I must do in order to be in compliance with ARC's Cold Water and Severe Weather Guidelines.

I am aware of the following website and can access information regarding the dangers of cold water and severe weather: <https://www.dnr.state.mn.us/safety/boatwater/cold-water.html>

I also acknowledge that I am a capable swimmer. I agree to abide by all rules and regulations of ARC pertaining to safety and otherwise.

By signing this agreement, and in consideration of ARC making available to me rowing equipment, including shells (boats) and oars, I acknowledge and agree to the following:

- (1) I am over the age of eighteen (18) and competent to enter into this agreement, which I do freely and voluntarily;
- (2) I am aware of the potential hazards associated with rowing generally, and I am aware of the specific hazards associated with rowing in cold weather/water, particularly where the water temperature is below 50 degrees Fahrenheit, and where water temperature is at least 50 degrees Fahrenheit, but the combined air and water temperature is below 90 degrees Fahrenheit;
- (3) I have reviewed the US Rowing Safety video (which can be found here: [https://www.youtube.com/watch?v=Rx5SUE\\_RdgQ](https://www.youtube.com/watch?v=Rx5SUE_RdgQ)) and US Rowing Safety Poster (which can be found here: <https://usrowing.org/documents/2016/5/27/Safety-Poster-1.pdf>), and I have reviewed the US Rowing Web site regarding hypothermia (which can be found here: [https://usrowing.org/sports/2016/5/27/1135\\_132107060688980085.aspx#:~:text=There%20is%20potential%20danger%20for,cold%20weather%20can%20cause%20symptoms.&text=Heat%20loss%20is%2025%20times%20greater%20when%20in%20the%20water](https://usrowing.org/sports/2016/5/27/1135_132107060688980085.aspx#:~:text=There%20is%20potential%20danger%20for,cold%20weather%20can%20cause%20symptoms.&text=Heat%20loss%20is%2025%20times%20greater%20when%20in%20the%20water)); and
- (4) I freely and voluntarily accept all risks associated with rowing, specifically those risks associated with rowing in cold water/weather, and I hereby release and hold harmless ARC, its officers, agents, employees, board members and general members, from any injury (including death), liability or other claim arising from my rowing in cold water/weather.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Submit this Waiver, Acknowledgment, Release and Hold Harmless Agreement:

Atlanta Rowing Club  
500 Azalea Drive  
Roswell, GA 30075

Or via email to: [Membership@AtlantaRow.org](mailto:Membership@AtlantaRow.org)