

PARENT WAIVER - GENERAL LIABILITY

In consideration of the acceptance of the undersigned participant to Triangle Rowing Club (TRC) for the season set forth below, the undersigned participant (or the parent or guardian on behalf of the undersigned participant, as appropriate) hereby waives, releases, and discharges TRC and its officers, directors, employees, coaches, volunteers, agent and members (TRC Parties) from and against any and all claims, actions, causes of action and damages for death, personal injury or property damage which the undersigned participant may have, or which hereafter may occur to him or her, or his/her personal representatives, or assign, as a result of his/her participation in TRC for the rowing season.

This Release is intended to discharge in advance TRC and the TRC Parties from and against any and all liability arising out of or connected in any way with the undersigned's participation in any activities of TRC during the rowing season even though that liability may arise out of negligence or carelessness on the part of the TRC Parties. The undersigned participant for him/herself and his/her parents or legal guardians understands that serious accidents may occur during all aspects of participating in TRC, including, but not limited to rowing practice; racing; transportation to and from practice, races, meets, and exhibitions; and that participants in rowing practice, racing and transportation may sustain mortal or serious personal injury and/or property damage as a consequence thereof.

Knowing the foregoing risks, the undersigned participant (or the parent or guardian on behalf of the undersigned participant, as appropriate) hereby agrees to assume those risks and release and hold harmless the TRC Parties who, through negligence or carelessness, might otherwise be liable to the undersigned, his/her heirs, personal representatives, parents or guardians, or successors or assigns for damages. It is further understood and agreed that this Release and assumption of risk is binding on the undersigned's heirs, personal representatives, parents or guardians successors, and assigns.

EMERGENCY MEDICAL TREATMENT CONSENT

The undersigned participant (or the parent or guardian on behalf of the undersigned participant, as appropriate) grants consent for TRC to obtain emergency medical treatment on the participant's behalf, and agrees to assume complete financial responsibility for any treatment received.

The undersigned parent/guardian has signed this Release form knowingly and as a condition of the undersigned participant's acceptance into and participation in activities of TRC.

I, the undersigned parent and/or legal guardian of the participant, hereby knowingly sign this Release on behalf of the participant.

CERTIFICATION OF SWIMMING ABILITY

I certify that the undersigned participant is capable of swimming two laps of a 50-yard pool (or 100 yards) without touching the bottom and is able to tread water for 5 minutes (Swimming Ability).

I understand that, at the coach's discretion, the undersigned participant may be required to demonstrate Swimming Ability and undergo an independent swim test at the participant's expense.

PHOTO AND VIDEO RELEASE

Participation in TRC practices, events, and programs is subject to photography and videography (collectively, Images). The undersigned participant (or the parent or guardian on behalf of the undersigned participant, as appropriate) agrees that the participant's Image and associated name may be used or published by TRC without additional notification and compensation.

VOLUNTEER REQUIREMENTS

WHY DOES TRC HAVE A MINIMUM VOLUNTEER POLICY?

Volunteers are integral to the success of TRC. We rely on our adult family members to ensure that TRC runs efficiently and safely. It's the dedication of our volunteers that allows our coaches and athletes the freedom to focus on rowing.

Each overnight regatta requires approximately 85-100 parent hours of volunteer time at the regatta location. To ensure an equal distribution of the workload, TRC asks each athlete's family to volunteer a set number of hours per season. You may choose a job at a regatta you attend or a non-regatta job locally.

HOW DO I SIGN UP TO VOLUNTEER?

High School parents sign up to volunteer via links published in the TRC Newsletter and on this TRC website. This is explained in more detail during the required parent meetings at the start of each season. Attend one of the meetings for further information.

WHAT IS THE VOLUNTEER POLICY?

All High School families must fulfill **6 volunteer hour credits**, per athlete per season. Examples of how this can be accomplished include; fulfilling one 4-hour credit position and another 2-hour position. or volunteering for all 6 hours of credits via hourly positions.

Be aware that there are some regattas (Head of the Hooch in the Fall and Southeast Regional Championships in the Spring) where all High School athletes may not get selected to attend. Please take this into consideration when planning how you will meet your **6 volunteer hour credit** per athlete seasonal obligation.

This Volunteer Policy only applies to High School families, but we love it when our Middle School families show their support and volunteer too.

Our **Volunteer Coordinator** is here to help you help TRC. We want to leverage your talents and find ways to make the best use of what you have to offer. If you have any questions or want to let us know where you think you could best help, please reach out.

WHAT HAPPENS IF WE AREN'T ABLE TO FULFILL THE MINIMUM VOLUNTEER REQUIREMENTS?

TRC runs on volunteers. We expect and need parents and family members to actively participate because it is so important to the success of our athletes and our program. If circumstances prevent you from reaching your minimum volunteer obligation you can pay \$300 per athlete, per season. This payment relieves you of your volunteer obligation. Note the payment is non-refundable and you will be invoiced after the last regatta of the season.

Please notify the **Volunteer Coordinator** if circumstances prevent you from volunteering.

ADDITIONAL NOTES

If the volunteer jobs posted are not a match for you and you want to volunteer, please reach out to the **Volunteer Coordinator** to discuss options.

Our Volunteer Coordinator and Volunteer Auditor verify compliance with these volunteer policies. Non-compliance will prevent your athlete from participating in future events (regattas, summer camp, banquets) until payment or hours are fulfilled.

PARENTAL AGREEMENT

As a parent of a TRC member athlete, you are a member of TRC. Membership includes the responsibilities below:

- Read and agree to abide by all TRC rules, policies, and requirements as documented throughout the **TRC website**, now and in the future.
- Read all **TRC Newsletters** to keep up-to-date on everything TRC-related.
- Complete all forms and pay dues and regatta fees on time.
- Support your athlete in attending all practices, including arriving on time.
- If driving, be on time to pick up your athlete at the scheduled end of practice.
- Follow all Lake Wheeler rules, including:
 - Following the park speed limit;
 - Keeping vehicles outside the waterfront parking lots, even to turn around.
- Support TRC coach decisions.
- Volunteer! TRC is a volunteer-run organization.
- Participate in fundraising events.

I agree to attend one of the **mandatory** parents' meetings. I understand that my rower may be excluded from practicing until this requirement has been completed. Parent meeting information will be provided through the newsletter and website.

ATHLETE EXPECTATIONS AGREEMENT

General

All Triangle Rowing Club (TRC) members are to always be respectful of others. Members include athletes, parents, guests, volunteers, coaches, and employees.

Follow these rules to maintain a respectful environment for our team. All TRC members must:

- Treat teammates, coaches, parents, drivers, and hotel/restaurant/regatta staff with respect and consideration.
- Support coach decisions (e.g. lineups).
- Be coachable and ready to follow directions, be self-reliant, and find their internal motivation.
- Dress appropriately (e.g. all chests covered at all times).
- Be on time, and attend all team meetings, practices, and events.
- Abstain from abusing any controlled substance, including vaping, tobacco, alcohol, and abuse of prescribed medications.
- Do not bring weapons to any TRC event.
- Refrain from making any unwanted or unsolicited contact with others.
- Refrain from aggressive behavior based on real or perceived power imbalance (e.g. bullying).
- Report any misconduct to a coach or other TRC official without delay.
- Follow all Lake Wheeler rules, including:
 - Obey the park speed limit.
 - Keep TRC vehicles outside the waterfront parking lots (even to turn around).
 - Athletes park in the upper lot.

If you're unsure, ask a coach or other TRC official for clarification.

While Traveling

Room assignments are set by coaches or other TRC officials. Change requests will be considered for reasons of safety and personal dignity only. Only assigned team members are allowed in the rooms.

TRC athletes must:

- Follow curfew restrictions (e.g. remain in your assigned room, stay quiet).
- Submit to room inspections by TRC volunteer chaperones.
- Be ready and on time for all departures.
- Remain at the race site during the entire event day unless released by a coach (and then must leave with a parent/guardian).

- Inform a coach or other TRC official of any emergencies as soon as practicable.

Failure to follow these expectations may result in suspension or removal from TRC, including forfeiture of any dues and fees, and if traveling, the participant may be sent home at the parent/guardian's expense.

I have read and will adhere to the Triangle Rowing Club expectations set forth above.