



ROWING REGISTRATION PACKET 2021

Name of athlete _____

REGISTRATION CHECK LIST:

- Complete on-line registration & payment at regattacentral.com
- Rowers must be registered at the “Championship” level (\$45 annually) with US Rowing in order to meet our insurance requirements. Join or renew at membership.usrowing.org and sign the US Rowing liability waiver electronically.
- Physical Evaluation Form
- Covid-19 Supplement
- Medical Card Form
- Swim certification (new athletes only)
- Carefully review and sign the “Participation Agreement & Code of Conduct”
- Carefully review and sign the “Consent to Participate, Waiver of Liability, and Use of Images”

Online registration must be complete and the forms must be handed in together as one packet.

Email the completed packet to administrator@bcccrew.org

We cannot accept partial registrations.

For more information, go to www.bcccrew.org or contact administrator@bcccrew.org



PARTICIPATION AGREEMENT & CODE OF CONDUCT

for Athletes and Parents/Guardians

Team Values

Our B-CC Crew Team values are simple:

- **Work hard to go fast**
- **Stick together no matter what**
- **Care more about each other than we do about ourselves.**

These values are key to all the responsibilities and obligations that each athlete has to him or herself, the team, coaches, competitors, and all those they come into contact with while practicing their sport.

and other persons of authority. Team members are expected to exhibit good sporting behavior and to maintain a polite and respectful manner to all persons in all situations, in person and online.

Disrespect, abuse or improper behavior involving a teammate, a coach, a parent, a member of another team or a member of the B-CC community will not be tolerated and may establish the grounds for removal from the team. All team members are expected to be familiar with the standards of behavior included in this Code of Conduct, and any referenced in A Student's Guide to Rights and Responsibilities in Montgomery County Public Schools ("Student's Guide"), as they may be revised from time to time. Any behavior contrary to ethical, legal, and appropriate conduct standards, as set out in any B-CC Crew or any MCPS policies or rules, including any countywide disciplinary infraction referenced in the Student's Guide may provide the basis for suspension or removal from the team. The B-CC Head Coach, in consultation with the Board of Directors of B-CC Crew, has the ultimate authority over all questions of discipline arising out of any infraction.

This agreement outlines the specific expectations and procedures that follow from these values. Each athlete and one parent/guardian must read, sign, and return this document as part of a complete registration packet, to affirm that they understand and commit to all the terms in this agreement and code. **Coaches will not allow an athlete to practice, race or otherwise participate in B-CC Crew until the signed acknowledgment form has been returned to the B-CC Crew administrator (administrator@bcccrew.org).**

GENERAL CONDUCT

Respect for Our Team and Others

Team members are representatives of Bethesda-Chevy Chase High School and B-CC Crew at all times, including at practices, at competitive events, on team trips, and at any other team events or functions. Team members are expected to act responsibly and ethically; to observe all policies, including rules about student driving; to observe all safety and security rules on the Metro when commuting to practice; to respect property; and to act in accordance with the directives of the coaches, chaperones,

Transmissible Pathogen Spread Policy - new in 2020

The following procedures have been established during the COVID-19 pandemic to promote the safety of athletes, coaches, and volunteers during practices and other B-CC Crew activities. They reflect the applicable rules and regulations of Montgomery County, the State of Maryland, and the District of Columbia and guidance of the Centers for Disease Control and other public health authorities. B-CC Crew will modify these procedures as needed, including to reflect changing circumstances and new requirements and guidance issued by federal, state, and local governments, including public health authorities.

Each athlete must:

- Adhere to social-distance requirements when applicable.
- Maintain PPE (Personal Protective Equipment), including masks and face shields.
- Provide a completed "B-CC Crew COVID-19 Pre-Screening Form" to a B-CC Crew representative before each practice.
- Stay home if anyone in their household has exhibited symptoms of or tested positive for COVID-19 or knows that they have been exposed to someone with COVID-19 in the past 14 days, advise the B-CC Crew Board President of the exposure, and self-quarantine for 14 days before returning to practice.
- Provide clearance from their doctor to return to practice if they have a documented case of COVID-19.
- After returning from travel to any "high-risk" state* (other than Virginia) or another country, either:
 - (1) self-quarantine for 14 days, or
 - (2) self-quarantine until they get tested for COVID-19 (within three to five days after returning) and have received a negative COVID-19 PCR result.

- Wear a mask at practice when they are unable to consistently maintain at least six feet of distance from other individuals.
- Follow greater-than-6 feet social distancing protocols at outdoor practices and activities.
- Wash their hands often with soap and water for at least 20 seconds especially after using the restroom, after blowing their nose, coughing, or sneezing. Sanitize their hands upon arriving at practice (using hand sanitizer containing at least 60% alcohol) and regularly apply hand sanitizer during practices.
- Always cover their mouth and nose with a tissue when coughing, or sneezing or use the inside of their elbow.
- Throw used tissues in a trashcan or appropriate designated receptacle.
- Thoroughly clean any team equipment before and after they use it in practice, using Centers for Disease Control ("CDC") and Environmental Protection Agency ("EPA") approved disinfectants provided by B-CC Crew.

Athletes shall not:

- Come to practice or other B-CC Crew activities if they are sick or think they are sick, leave practice immediately if

a coach or B-CC Crew representative raises any concern about their health and directs them to leave, and reach out to their doctor for assistance.

- Cough, sneeze, spit, or expel (or otherwise cause contact of) any form of bodily fluids or secretions onto another person.
- Purposefully interfere with the usage of another student's mask or other PPE
- Remove their masks or other PPE with the intention to eject fluids onto another person.
- Intentionally encroach on another person's social distance perimeter.
- Share bottles, food, towels or the equivalent with others.
- **Make jokes about doing any of the above.**

Parents must ensure that their athletes comply with the safety procedures, including by:

- Adhering to social distancing requirements before and after practices and other events.
- Ensuring that the "B-CC Crew COVID-19 Pre-Screening Form" for their athlete is completed accurately before every practice and that otherwise their athlete is healthy and prepared for practice.

*A state is "high-risk" if, according to the CDC's data, it has a running 7-day average of 10 or more cases per 100,000 people. (See https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days.)



PARTICIPATION AGREEMENT & CODE OF CONDUCT for Athletes and Parents/Guardians

Parents are expected to show respect for team members, coaches, opposing team members and coaches, race officials, and other parents and spectators. They also are expected to volunteer to support the team. Parents should respect the informed decision-making of the coaches regarding participant qualifications, practice assignments, and boat and seat placement. Parents should conduct themselves appropriately and never use foul or abusive language with anyone in any way connected to the B-CC Crew community and its activities. Parents should be familiar with the rules of the competition and are expected to respect the integrity and judgment of race officials at all times. If a parent feels a need to communicate a concern regarding his or her child, a coaching decision or another rowing matter, the parent should contact the President in the first instance, who will help to resolve the matter. On race day, parents should be respectful of the need for athletes and coaches to focus on racing, and for safety reasons stay clear of the boathouse, boat racks, and dock area.

Drug, Alcohol, and Tobacco Policy

Alcohol and illegal drug use is strictly forbidden for all athletes participating on our team. Substance abuse runs completely contrary to both the wellbeing of our athletes and the spirit of the sport. Coaches are the primary enforcers of this team policy and are responsible for addressing violations directly with the athletes. The coaches have discretion in determining the consequences that violators will face.

Academic Eligibility Policy

Students must always strive to be in good academic standing while a member of the team. Students must attend all their scheduled classes in order to participate in a practice or race on that day. If the principal or designee grants an excused absence in advance for a prescheduled activity, or an unforeseen emergency, the student may participate on that day.

A student may not participate in a practice or race when he/she is serving an in-school or out-of-school suspension. The student becomes eligible to participate in team activities on the next school day following the suspension. A student may be suspended or removed from the team for excessive unexcused absences from school.

Inclusion Policy

The B-CC Crew team follows the official MCPS policy on inclusion, as follows:

1. All students who achieve fundamental eligibility criteria established by the Maryland Public Secondary Schools Athletic Association ("MPSSAA") and Montgomery County Public Schools ("MCPS") may try out for MCPS interscholastic athletic teams.
2. Eligibility criteria are included in the MPSSAA Handbook and the MCPS High School Athletics Handbook.
3. Our team shall provide reasonable accommodations to students with disabilities.
4. A student may be excluded from trying out for or participating in a sport if it is determined that the student's participation will cause danger (for the student or for other students), creates significant safety concerns (for the student or other students), competitive imbalances, or requires accommodations that fundamentally alter the nature of the sport.

Thompson Boat Center & Other Practice or Racing Sites

Team members shall obey the rules of Thompson Boat Center and other marinas, clubs and facilities the team visits and shall refrain from any conduct disruptive to the facility or other participants/visitors.

Safety Guide

Students and parents must read the B-CC Crew Safety Guide on the B-CC Crew website and comply with all safety rules and procedures. **Full compliance with all safety rules and procedures is a necessary part of the sport of rowing and is a condition for participation on B-CC Crew.**

School Residency Policy

B-CC Crew requires that all team members attend Bethesda-Chevy Chase High School.

Fundraising Commitment

As a club sport, B-CC Crew receives no financial support from the school or the county school system. Thus, the responsibility to run a safe, well-supervised, and competitive program rests with B-CC Crew Boosters, Inc.. Each team member of each team family is expected to participate fully in the fundraising events planned for the season, including but not limited to Holiday Wreath and Candle Sales and Raffles. Parents of students who do not participate in each of the fundraising events planned for the season, including but not limited to Holiday Wreath and Candle Sales and Raffles, will be asked to contribute an appropriate amount toward those team fundraisers.

Volunteering Commitment

Volunteerism is the cornerstone of B-CC Crew's success. Without parents, competitive scholastic racing would not exist. A wide range of volunteer jobs is available throughout the year and each family's help is needed. Each team family must commit to volunteer jobs throughout both the fall and spring seasons. In addition, each family is expected to make several contributions of food, supplies and/or services at regattas and team dinners.

PARTICIPATION AGREEMENT AND CODE OF CONDUCT ACKNOWLEDGEMENT

Please return completed acknowledgement to administrator@bcccrew.org.

The undersigned parent/guardian and athlete state that:

- We have read the B-CC Crew Participation Agreement and Code of Conduct and understand its terms, conditions, and standards.
- We agree to abide by the terms, conditions, and standards of the B-CC Crew Participation Agreement and Code of Conduct
- We understand it is our responsibility to be aware of and adhere to the additional standards, rules, and requirements set forth by B-CC Crew as the season(s) progress and as circumstances may dictate.

Student Printed Name

Grade

Student Signature

Date

Parent/Guardian Signature

Date



To complete the registration process for B-CC Crew, all team members and their parents or guardians must read carefully and sign the following “B-CC Crew Consent to Participate, Waiver of Liability, and Use of Images” to affirm that they have read it, understand its terms, and agree to be bound by its all of its provisions. Coaches will not allow a team member to practice, race or otherwise participate in B-CC Crew until the signed form has been returned to the B-CC Crew Administrator (administrator@bcccrew.org).

CONSENT TO PARTICIPATE, WAIVER OF LIABILITY, AND USE OF IMAGES

Through their registration for B-CC Crew at Regatta Central, the team member and the parents/guardians of the team member affirm that they have read this “Consent to Participate, Waiver of Liability, and Use of Images” (“Consent and Waiver”), understand all of its terms, and agree to be bound by its provisions.

The parents/guardians of the team member warrant and represent that they have discussed and explained this Consent and Waiver with the team member.

CONSENT: Through their registration for B-CC Crew at Regatta Central, the parents/guardians of the team member hereby give their permission for the team member to participate in any B-CC Crew Boosters, Inc., program or activities (“B-CC Crew”). The team members and the parents/guardians of the team member recognize that any sports activity such as crew may involve certain dangers, including, but not limited to, the hazard of rowing, shell/boat upset or collision with other watercraft, water immersion, lifting and carrying of shells and equipment, forces of nature, training and conditioning exercises, and the actions of crew participants and other persons.

Through their registration for B-CC Crew at Regatta Central, the team member and the parents/guardians of the team member hereby provide consent for the team member to train and row competitively with the B-CC Crew team, to compete in the scholastic program under the supervision of its coaches during the full calendar year, to travel with a representative of B-CC Crew Boosters, Inc., to travel to rowing events, and to be transported by automobile driven by coaches, team members or their parents/guardians to, from and otherwise in relation to practice and rowing events. In case of an accident or injury in which the team member is not able to give consent for medical care, the team member and the parents/guardians of the team member hereby give permission for the team member to be given emergency medical treatment.

COVID-19: Through their registration for B-CC Crew at Regatta Central, the team member and the parents/guardians of the team member acknowledge that B-CC Crew Boosters, Inc., has established preventative procedures to reduce the spread of COVID-19, taking into account the applicable rules and regulations of Montgomery County, the State of Maryland, and the District of Columbia and guidance of the Centers for Disease Control and other public health authorities. The team member and the parents/guardians of the team member agree to adhere to requirements of B-CC Crew Boosters, Inc., and the direction of their coaches to ensure that the preventative measures are observed, and cooperate in their implementation and enforcement.

Through their registration for B-CC Crew at Regatta Central, the team member and the parents/guardians of the team member acknowledge that even with the measures B-CC Crew Boosters, Inc., has established, B-CC Crew Boosters, Inc., cannot guarantee that the team member, the parents/guardians of the team members, and/or any other member of their family or household will not be exposed to, or become infected with, COVID-19 as a result of the team member's participation in B-CC Crew. The team member and the parents/guardians of the team member acknowledge that each of them has considered, discussed, and carefully assessed the risks, current conditions in the community, and other factors they deem relevant and important, and that the decision to participate in B-CC Crew is entirely voluntary.

Through their registration for B-CC Crew at Regatta Central, the team member and the parents/guardians of the team member acknowledge that B-CC Crew Boosters, Inc., has informed them of the contagious nature of COVID-19, and they voluntarily assume the risk that the team member, the parents/guardians of the team members, and/or any other member of their family or household could be exposed to, or infected by, COVID-19 as a result of the team member's participation in B-CC Crew, and that such exposure or infection could result in quarantine requirements, personal injury, illness, permanent disability or death. The team member and the parents/guardians of the team member acknowledge that the risk of becoming exposed to or infected by COVID-19 through participation in B-CC Crew could result from the actions, omissions, or negligence of themselves and others, including, but not limited to, the team member, other team members and their families, coaches, or other third parties.

LIABILITY WAIVER: Through their registration for B-CC Crew at Regatta Central, the team member and the parents/guardians of the team member affirm that they understand that B-CC Crew is a club sport sponsored by B-CC Crew Boosters, Inc., and is not sponsored by B-CC High School, the Board of Education of Montgomery County, or any other entity. The team member and each parent/guardian of the team member hereby waives any and all claims or causes of action against and will not hold B-CC Crew Boosters, Inc., parents, students, Board members, coaches or other persons or entities involved with B-CC Crew Boosters, Inc., responsible or liable for any accident,

injury or loss whatsoever as a result of the team member's and/or the parent and/or guardian's participation in B-CC Crew.

Through their registration for B-CC Crew at Regatta Central, the team member and each parent/guardian of the team member affirms that he/she releases, acquits and forever discharges each and all of B-CC Crew Boosters, Inc., its officers, Board members, employees, coaches, members and agents, including but not limited to all student members of the B-CC Crew team and all parents/guardians of team members, from any and all past, current and/or future liability resulting from any and all claims or causes of action of any type whatsoever, including but not limited to negligence or strict liability in tort, that the parent/guardian and/or the team member now or may in the future have for any reason, including but not limited to personal injuries, damage to property, loss of services, medical expenses, and/or losses and/or damages of any and every kind whatsoever that may arise from participation on or with B-CC Crew, including but not limited to transportation by students, parents/guardians, coaches or third-parties to and from practices and/or regattas and to exposure, infection, and/or spread of COVID-19.

USE OF IMAGES: The team member and the parents/guardians of the team member agree that B-CC Crew has permission to publish in print, electronic or video format the likeness or image of the team member, during regular and special crew activities, taken by video, photo, and/or digital camera. By so agreeing, the team member and each parent/guardian of the team member affirm that B-CC Crew may use such images for publicizing and promoting B-CC Crew in media publications, promotional materials (e.g., posters, brochures, fundraising and recruitment materials for B-CC Crew), social media, and websites, and that the team member's name and identity may be revealed by descriptive text or commentary. All claims against B-CC Crew, its agents and employees with respect to copyright ownership and publication rights, including any claim for compensation related to use of the materials, are hereby released.

Parent/Guardian 1's Printed Name and Signature

Date

Parent/Guardian 2's Printed Name and Signature

Date

Student Printed Name and Signature

Date



PRE-PARTICIPATION PHYSICAL EVALUATION

To Parents or Guardians:

Students registered for B-CC Crew must have an annual pre-participation physical evaluation in order to participate. The medical evaluation shall be performed by an authorized health care provider. B-CC Crew requires completed copies of 1) Medical Eligibility Form, (2) a COVID-19 supplement, and (3) a Medical Information Card for each athlete prior to participation. These forms must be submitted to the team administrator (administrator@bcccrew.org) prior to participation.

If a student experiences a significant injury, illness, or surgery after submitting the annual pre-participation physical evaluation, a clearance letter from an authorized health care provider is required to resume participation.

The health information submitted to the team will be available only to those health and education personnel who have a legitimate educational interest in your child.

Exemptions from physical examinations are permitted if they are contrary to a student's religious beliefs. In such circumstances, the family should submit verification.

If the student-athlete requires medication and or a treatment to be administered during practices or athletic events, you must have the authorized health care provider complete a medication and or treatment administration form for each medication and or treatment to be administered. These forms can be obtained from your child's school or online from the Montgomery County Public Schools (MCPS) website at www.montgomeryschoolsmd.org:

- [MCPS Form 525-12](#), Authorization to Provide Medically Prescribed Treatment, Release and Indemnification Agreement
- [MCPS Form 525-13](#), Authorization to Administer Prescribed Medication, Release and Indemnification Agreement
- [MCPS Form 525-14](#), Emergency Care for the Management of a Student with a Diagnosis of Anaphylaxis, Release and Indemnification Agreement for Epinephrine Auto Injector. If you do not have access to an authorized health care provider or if your child requires a special individualized health procedure, please contact the principal and/or school nurse in your child's school.



PRE-PARTICIPATION COVID-19 Supplemental Questions for Student's Physical

This form should be completed by the student's physician at the time of a physical.

Student History

1. Has your child or adolescent been diagnosed with COVID-19? Yes No
2. Was your child or adolescent hospitalized as a result for complications of COVID-19? Yes No
3. Has your Child been diagnosed with Multi-inflammatory Syndrome in Children? Yes No Yes No
4. Has your child or adolescent had direct known exposure to someone diagnosed with COVID-19? Yes No

Please address any "yes" answers to the above questions here:



PREPARTICIPATION PHYSICAL EVALUATION MEDICAL ELIGIBILITY FORM

Name:

Date of birth:

- Medically eligible for all sports without restriction
 Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

- Medically eligible for certain sports

- Not medically eligible pending further evaluation
 Not medically eligible for any sports

Recommendations:

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type):

Date:

Address:

Phone:

Signature of health care professional:

, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies:

Medications:

Other information:

Emergency contacts:



MEDICAL INFORMATION CARD FOR ATHLETE

Student name: _____ Birth date: _____

School name: _____ MCPS student ID#: _____

Home address: _____

Parent/guardian name: _____

Home #: _____ Work #: _____ Cell #: _____

Parent/guardian name: _____

Home #: _____ Work #: _____ Cell #: _____

If parent cannot be reached, person to be contacted in case of emergency _____

Name: _____ Relationship: _____

Home #: _____ Work #: _____ Cell #: _____

Family physician: _____ Physician #: _____

Hospital preference: _____ Date of last tetanus shot: _____

Allergies: _____ Student self-carries epipen: yes no

Medicine administered on the field: _____

INSURANCE INFORMATION

Does your son/daughter have medical insurance yes no

If yes, name of insurance company _____

RELEASE FOR TREATMENT

I hereby give permission to the attending physician or hospital to administer appropriate medical treatment in the event I cannot be reached.

Signature of parent/guardian: _____ Date: _____

**Instructions: This card should be kept on file in the medical kit for each sport.
It should accompany the athlete to the doctor or hospital when medical attention is required.**