



ROWING REGISTRATION PACKET — 2023-2024

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
- Medical Card Form
- Swim certification (new athletes only)
- Carefully review and sign the “Participation Agreement & Code of Conduct”

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

Email the completed packet to administrator@bcccrew.org

COACHES WILL NOT ACCEPT FORMS

We cannot accept partial registrations.

For assistance with registration contact administrator@bcccrew.org



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

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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, 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.

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

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.

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.

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

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**

PARTICIPATION AGREEMENT AND CODE OF CONDUCT ACKNOWLEDGEMENT

Please returned 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

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.



SWIMMING PROFICIENCY CERTIFICATION FORM

I certify that (Rower's Name)

has successfully performed the following tests before me:

- Swim 100 meters and;
- Tread water for five (5) continuous minutes

These tests were performed at:

NAME OF POOL:

DATE OF TEST:

PRINTED NAME OF LIFEGUARD:

SIGNATURE OF LIFEGUARD:

I certify that my child is able to swim and give my permission for him/her to participate in the B-CC Crew Rowing Program.

Parent Printed Name:

Parent Signature:



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.



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: _____

Student is fully vaccinated against Covid-19: yes no

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.**