

Radnor Township School District  
Permission from Parent, Guardian for Medical Treatment

School Year: \_\_\_\_\_

Sport \_\_\_\_\_

\_\_\_\_\_  
Last Name                      First                      Initial                      Grade                      School District                      Student Birthdate

As a parent/guardian I expect every effort will be made to contact me in order to receive my specific authorization before any treatment or hospitalization is undertaken.

Home Phone \_\_\_\_\_ Father's Work # \_\_\_\_\_ Mother's Work # \_\_\_\_\_

Cell # \_\_\_\_\_ Father \_\_\_\_\_ Mother \_\_\_\_\_

\_\_\_\_\_  
Street Address    City    State    Zip

If Parent cannot be reached call:

1. \_\_\_\_\_  
Name    Tele #    relationship

2. \_\_\_\_\_  
Name    Tele #    relationship

In the event of an emergency requiring medical attention, I grant permission to a physician or other hospital personnel designated by the Radnor coaching staff to attend my son/daughter.

\_\_\_\_\_  
Print Parent/Guardian Name    Signature Parent/Guardian    Date

Family Physician \_\_\_\_\_ Tele # \_\_\_\_\_ Dentist \_\_\_\_\_ Tele # \_\_\_\_\_

INSURANCE COVERAGE:

You are required to provide medical insurance coverage in order to participate in our interscholastic program. This certifies that my child has proper and adequate coverage.

\_\_\_\_\_  
Insurance Company    Policy No.    Group No.

Subscriber SS # \_\_\_\_\_ Subscriber Name \_\_\_\_\_

Does your child wear: contacts/ glasses Has you child ever had: asthma/ diabetes / kidney injury / heart condition  
If yes, please explain: \_\_\_\_\_

Is your child allergic to any medication? \_\_\_\_\_

Is there any condition other than stated above, that a physician should be aware of? \_\_\_\_\_

Has your child ever repeated a grade after 6th grade: (circle) 7th 8th 9th 10th 11th 12th

White - Coach

Canary - Trainer

Pink - Athletic Dept.

## RADNOR GIRLS CREW CLUB ATHLETE EXPECTATION CONTRACT

ACADEMIC ELIGIBILITY - Same rules apply as to any other Radnor High School sport or activity.

DRUG, ALCOHOL & TOBACCO USE - Our policy for these infractions is the same as Radnor High School policy.

ATTENDANCE - Every practice is important. You are expected to attend each one. **Two unexcused** (defined as just didn't show up) absences and you will no longer be a member of the team. In order to compete in any regatta, you must participate in at least 4 of the 5 scheduled practices for that week. Racing privileges and priority will go to those who make our training a priority. This means if you insist on missing large chunks of time throughout the season, you will still be welcome on this team, however, your racing may be compromised.

NOTICE OF LATENESS/ABSENSE: If you know in advance that you cannot make it to practice or will be late, notify a coach through TeamSnap the night before or that day by 1 PM. We will not wait to boat you if you are late. Missed practices may result in the potential of losing your seat.

ATTITUDE - You are expected to come to practice and races with a positive attitude about your team and your training. If something comes up that is bothering you for 48 hours or more, it is officially a problem. Please see your coaches or captains in order to resolve the issue.

RESPECT - You are expected to treat your coaches and teammates with common courtesy and respect. No foul language. Any inconsiderate communication in any form (verbal, print, Instagram, etc.) about coaches, teammates or other competitors will not be tolerated.

SAFE DRIVING - As young adults it is your responsibility to respect traffic laws and be sure you and your passengers arrive safely. You will have more than enough time to get to and from practice within the speed limit.

RACE DAY COMMITMENTS - Rigging and de-rigging boats are race day standards and team responsibilities. You will be expected to take part in both of these activities. Skipping these responsibilities will affect your racing opportunities. Athletes racing, other than your boat, are still part of your team. You will be expected to be around before and after your race to cheer on your teammates. Prior arrangements to leave may be made with the coaches, but should not be abused.

OUTSIDE COMMITMENTS - You are encouraged to partake in other activities, but please don't stretch yourself so thin that you are detracting from your team. If you can already anticipate missing upwards of 6 practices (including Spring Break) due to other commitments - please reconsider joining this team.

**Violation of the RGCC Athlete Expectation Contract will result in the following (unless otherwise stated above):**

**First Offense** - RGCC coaches will issue a first offense warning. (Except in the case of violations of law.)

**Second Offense** - Notification of parent/guardian and RGCC Board of Directors resulting in suspension from RGCC for one week.

**Third Offense** - Notification of parent/guardian and RGCC Board of Directors resulting in suspension from RGCC for one year.

**Dues will not be refunded if released from the team.**

I have read, understand and agree to follow terms stated above.

SIGNED (Athlete) \_\_\_\_\_ (Date) \_\_\_\_\_

SIGNED (Parent/Guardian) \_\_\_\_\_ (Date) \_\_\_\_\_

## Hines Rowing Center Code of Conduct

Hines Rowing Center (HRC), the Whitmarsh Boat Club (WBC), and Tenants cooperatively require compliance with property and house rules, as well as any existing club or team rules. Violation of the Code of Conduct will result in expulsion from the HRC property, criminal prosecution and personal financial liability.

1. Rowers must comply with all rules and regulations of HRC to ensure its smooth operation as a multi-school facility for Junior, Collegiate and Masters rowers. Any violation of rules could result in reprimands, penalties, suspension, an ultimately expulsion from the rowing program.
2. Rowers must respect all HRC property and equipment; any defacement or property or "graffiti" is considered vandalism and will be treated as such with local authorities.
3. HRC is a multi-team facility. Good sportsmanship is promoted at all times on and off the water. Respect for self, teammates, coaches, HRC members, officials, and other teams, clubs, and camps rowing out of HRC is to be shown.
4. Rowers are not permitted to engage in dangerous horseplay while on HRC grounds. Rowers are expected to be aware of their surroundings at all times. The launching of boats can be very hazardous. The sport of rowing is the priority at all times.
5. Littering is prohibited. Disposable plastic water bottles are prohibited. Rowers must carry their own reusable water bottles. In an effort "to go green," HRC has provided recycling containers as well as trash receptacles. Rowers are expected to pick up after themselves.
6. Rowers must comply with HRC housekeeping rules while in the HRC Locker Room, Shower and Toilet areas. These areas must be kept neat and clean.
7. Rowers may not change in their cars or in the parking lot.
8. Rowers are to refrain from disrespectful conduct including verbal abuse and profane language of each other and anyone on the Upper Schuylkill waterway.
9. Rowers and parents must park in the designated parking area, not in the coaches' and WBC member parking area. Speeding and reckless driving are against the law and dangerous. Rowers involved in such behavior in the parking lot and on Washington Avenue will be banned from HRC property.
10. Swimming off the docks is prohibited.
11. Out of respect to other schools that use the docks simultaneously, launching and landing of shells must be done **very quickly** within the allotted time window for each program. All stretcher and height adjustments must be done in the boathouse prior to launching, or on the water, not while on the dock. Oars must be staged on the dock prior to bringing the boat down to the dock, and oars must be removed IMMEDIATELY after landing.
12. While on HRC property, all rowers must wear shirts, no bare tops or sports bras.
13. The possession of alcohol or any illegal substance is prohibited and will be prosecuted to the full extent of the law. No smoking on the HRC property.
14. Illegal possession, carrying or discharge of any explosive or firearm or other weapon will be prosecuted to the full extent of the law.
15. Rowers and programs are responsible for damage to HRC property, equipment and infrastructure while on site.
16. Launches are to be secured and motors stored properly at the end of the season.
17. Gas containers are to be properly stored and locked up daily.
18. Logging in and out while rowing is required.
19. Bow balls are required on all boats prior to leaving the dock.
20. Minimal usage of all utilities is everyone's responsibility.
21. No student should be on site or on the water without either a coach or a parent physically present at the Facility.

### **Violations of the HRC Code of Conduct will result in the following:**

**First offense** – Notification to the responsible coach by HRC management of an infraction of HRC Code of Conduct. Internal team or club discipline will take over (except in the case of violations of law, including vandalism).

**Second offense** – Notification to the responsible coach, suspension from HRC Property for one week, notification of Athletic Director, or sponsoring organization.

**Third offense** – Notification to the responsible coach and Athletic Director and suspension from HRC for one year.

**HRC retains the right to suspend entire teams for cumulative offenses of individuals on that team.**

**I have read, understand and agree to follow terms stated above.**

**Athlete's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

## SWIM CERTIFICATION

The sport of rowing poses **significant risks** to the participant because most activities occur in, on, or around water. These risks include but are **not limited to:** expected and unexpected immersion into cold water as a result of a boat flipping, collisions with other boats, being involuntarily removed from a boat as a result of an oar's momentum ("crabbing"), falling off docks, authorized and unauthorized swimming, changing weather conditions, or other occurrences.

I **certify** that I am a competent swimmer and can perform the following competently while wearing typical rowing clothing:

**a) 50 yards continuous swim, any stroke;**

**b) 10 min. continuous tread water; and,**

**c) Put on and secure a life jacket during the last two minutes of treading water.**

- I further certify that cold weather conditions can quickly impede my swimming ability and will follow boathouse recommendations with regard to cold water safety precautions.
- As a Parent/Guardian of a Child Under 18 Years of Age, I certify that my child is a competent swimmer and can perform the above following competently while wearing typical rowing clothing.

**Program:**

**Name:**

**Signature:**

**Date:**

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**Child's Name (if under 18):**

**Parent's Name:**

**Parent Signature:**

**Date:**