

HHSRC Watersport Waiver, Certification and Release

As a member of Hillsborough High School Rowing Club, in consideration of being allowed to participate in watersport activities and events, and/or being provided with water crafts and/or watersport recreational property or services for me or my minor children for whom I am a parent, legal guardian or otherwise responsible, and for my/our heirs, personal representatives or assigns, **I HEREBY:**

ACKNOWLEDGMENT OF RISKS

1. **ACKNOWLEDGE THAT** some, but not all, of the risks of participating in watersport activities include:
 - a. Disorientation of my or my minor child's sense of balance, physical coordination, ability to operate equipment, swim and/or follow directions;
 - b. Capsizing, collision, sinking or other hazards which result in wetness, exposure to the elements, serious injury, and/or death;
 - c. Equipment failure or operator error;
 - d. Changing water flow, tides, currents, wave action and ships' wakes that can affect the watercraft;
 - e. Collisions with and of the following: other participants, other watercraft, and manmade or natural objects;
 - f. Wind, inclement weather, lightning, variances and extremes of wind, weather, and temperature;
 - g. The presence of insects and marine life forms;
 - h. Heat or sun related injuries or illnesses, including sunburn, sunstroke or dehydration; and
 - i. Fatigue, chill and/or dizziness, which may diminish my or my minor child's reaction time and increase the risk of an accident.

CERTIFICATION OF SKILLS

2. **CERTIFY THAT** I, individually and on behalf of my minor child, understand that watersports' inherent risks can be mitigated through water competency and skills and that I or my minor child can:
 - a. Step or jump into the water over my or their head and return to the surface;
 - b. Turn around, orient to safety, and turn over in the water;

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- c. Swim at least 100 yards using relaxed, restful strokes;
- d. Float or tread water for a minimum of five (5) minutes;
- e. Control breathing while floating or treading;
- f. Put on a life jacket while in the water;
- g. Exit the water without a ladder; and
- h. Perform all of the skills above while clothed.

EXPRESS ASSUMPTION OF RISK AND RESPONSIBILITY

3. **AGREE TO** assume responsibility for all the risks of the activity, whether identified above or not. My or my minor child's participation in the activity is purely voluntary. I, individually and on behalf of my minor child, assume full responsibility for myself and my minor child for any bodily injury, accident, illness, paralysis, death, loss of personal property and expenses thereof as a result of any accident that may occur while I or my minor child participates in the activity.

RELEASE

4. **RELEASE** Hillsborough High School Rowing Club, its principals, directors, officers, agents, employees and volunteers, their insurers and each and every land owner, municipal and/or governmental agency upon whose property an activities is conducted and their insurers, from any and all liability of any nature, including negligence or fault, for any and all injury (including death) or damage to me or my minor child and other other persons as a result of my or my minor child's participation in the activity regardless of the cause.

Please continue to page three to sign this form.

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The undersigned, individually or on behalf of my minor student-athlete, acknowledges and agrees to the foregoing.

Student-Athlete Printed Name:	
Student-Athlete Signature:	
Date:	

Parent Printed Name:	
Parent Signature:	
Date:	