



Commencement Bay Rowing Club COVID-19 Contract and Waiver

These rules must be followed to be able to row any single or single household double at the CBRC boathouse. These rules are put in place to protect our entire community. This contract and waiver must be signed prior to me rowing on the water or entering the CBRC boathouse.

In addition to the below, I will read and follow the directions in the latest version of the [Policies and Procedures](#) for rowing at CBRC.

- My USROWING membership is renewed and up to date
- I have registered for the current rowing season and paid my dues.
- I will monitor my health daily. I won't come to the boathouse if I or a housemate exhibit ANY of the COVID-19 symptoms. USROWING recommends taking your temperature before coming to the boathouse and if it is above 100.4, you should not come.
- I won't come to the boathouse for 14 days if I have contact with someone who tests positive for COVID-19 or if I am diagnosed with COVID-19.
- I will bring my hand sanitizer and mask to every practice.
- I will follow the directions of any CBRC coach.
- When in the boat bays, I will maintain 6 feet of distance from others.
- I will wear a mask while not on the water. I will put it back on before I come back to the dock.
- If I help someone carry his/her boat, I will maintain 6 feet of distance and will wear masks when doing so.
- I will wait to enter the boathouse so there are no more than 2 people inside the bay at any time.
- I will make sure there are only 2 people on a dock at a time.
- I will disinfect club equipment thoroughly and meticulously after use with the provided product.
- I may disinfect my private equipment after use with the provided product.
- I will disinfect any other equipment including slings and racks after use with the provided product.

- I will follow all normal Commencement Bay Rowing Club safety rules in addition to these special requirements during this time.
- I realize it is my responsibility to politely educate non-rowers that we need space on our dock when launching and returning.

Masters: I will sign up on the sign up sheet at least 2 days ahead of time and will not show up to the boathouse unless I receive an email stating that I am on the list for a given practice time. I understand that this rule is in place to keep the number of people at the boathouse low.

Juniors: I will only come on my designated practice day during my designated practice time. I understand that this rule is in place to keep the number of people at the boathouse low.

Assumption of the Risk and Waiver of Liability Relating to COVID-19.

COVID-19 is extremely contagious. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have prohibited the congregation of groups of people. Commencement Bay Rowing Club (CBRC) has put in place preventative measures to reduce the spread of COVID-19; however, CBRC cannot guarantee that you will not become infected with COVID-19.

By signing this agreement, you acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that you may be exposed to or infected by COVID-19 by rowing at CBRC and that such exposure or infection may result in personal injury, illness, permanent disability, and death. You understand that the risk of becoming exposed to or infected by COVID-19 at CBRC may result from the actions, omissions, or negligence of others, including, but not limited to, CBRC employees, volunteers, and other club members. Further by signing this agreement, you agree to hold harmless CBRC, its employees, volunteers and members. This includes all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to COVID-19.

By agreeing below, you agree to comply with the above list of Rowers Responsibilities, and agree to the Assumption of Risk and Waiver of Liability Relating to COVID-19.

Name of Athlete	Athlete Signature	Date
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Parent Signature (Junior Rower)	Date
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