



April 14, 2011

Dear Parent/Guardian,

Your daughter has expressed interest in joining Elmwood's Rowing Crew! Being a member of a school team is a privilege and requires a large commitment on behalf of your daughter. Students are expected to attend all practices, meetings, races and regattas.

A schedule for the season will be available soon. At this time, we are planning to have the students all participate in the Ottawa High School Regatta, scheduled for Saturday May 28th. The experienced crew will also race in the ERA Regatta in Montreal on Saturday May 14th, and at the Canadian Secondary School Rowing Association (CSSRA) Regatta from June 3-5th. Please note that dates for races and practices may change occasionally and your daughter will be notified of any changes. Please be aware that if a student misses a practice before a race she may not participate in that race. In addition, if a student misses three unexcused practices they will no longer be a part of the team. Practices for the experienced crew will take place in the morning before school, and practices for the novice crews will take place after school. All crews will practice Saturday mornings. A practice schedule will be sent out very soon. We anticipate getting onto the water the week of April 18th.

Students are expected to purchase an Elmwood tracksuit to ensure that they will be appropriately attired and easily recognizable when traveling to regattas for competition. This can be purchased from the uniform shop on Tuesdays between 3:15-4:15 pm. Students will also need to purchase a team shirt. Students will need to become members of the Ottawa Rowing Club, in order to use the facilities. Cost of a high school membership is \$290 and can be paid for online at www.ottawarowingclub.com. (Look under Our Programs/membership and fees). This will need to be paid as soon as the crews are selected. Students will need to be dropped off at the club before practices and picked up after practices.

Athletes must obey the rules, participate in a non-threatening manner, use appropriate language, respect the referees and coaches, and represent their school in a positive manner.

Please discuss with your daughter the commitment required for this team, then sign and complete the form together. Return only the signed portion of the form and keep this information as a reference. The forms need to be returned to the coach by Tuesday April 19th, prior to starting practices on the water.

I am looking forward to a great season and hope to see you at our race! If you have any questions please feel free to contact me at 613-749-6761 ext 231, or via email at dborschewski@elmwood.ca.

Sincerely,

Dana Lynn Borschewski
Director of Student Recruitment



Elmwood School Parent/Guardian Consent and Release Form

I give permission for my daughter to participate in the Elmwood School Rowing Crew, and to practice with the crew at the Ottawa Rowing Club located at 10 Lady Grey Drive, Ottawa. Practice dates and times to be confirmed.

** In the case of joint custody, BOTH parents must sign this Consent/Release form **

COST OF CLUB FEES

The Ottawa Rowing Club requires that all spring rowing participants pay a fee of \$290 for insurance and use of the club boats, coach boats and equipment. This is paid directly to the rowing club via their website at www.ottawarowingclub.com.

MEDICAL INFORMATION and EMERGENCY CONTACT INFORMATION

Student: _____ Birth Date: _____
Month Day Year

Family Doctor: _____ Phone: _____

Medical Condition(s): _____

Medication(s): _____

Allergies: _____

Ontario Health Card Number: _____

Emergency Contact: _____ Phone: _____

CONSENT TO PARTICIPATE & TERMS OF PARTICIPATION

By my signature below, I give my daughter of SLG/Homeroom _____ permission to attend rowing practices at the Ottawa Rowing Club for the spring 2011 rowing season.

I understand that all of Elmwood School's rules and policies (see Handbook) as well as any rules and directives established by those coaching the sport remain in full force and effect for the duration of the season.

By my signature below, I acknowledge and agree that I am solely responsible for any costs arising out of my daughter's breach of any of Elmwood School's rules and policies and/or any rules and directives established by those leading the team and the resultant disciplinary actions, if any, whether occurring prior to or during practices.

By my signature below, I further acknowledge and agree that in the event that my daughter breaches any of Elmwood School's rules and policies and/or any rules and directives established by those coaching, Elmwood School may in its absolute discretion require that my daughter immediately return home and any expenses related to such a return (including without limitation travel, including travel of an adult to accompany my daughter, and any outstanding trip expenses) will be my sole responsibility.

RELEASE AND INDEMNITY

In consideration of my daughter being permitted to participate in rowing practices, I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, agree as follows:

I acknowledge and accept that participation in these practices may expose my daughter to unspecified risks and hazards, which are inherent in such sports, including without limitation, the method of transportation, all of which I expressly and voluntarily assume.

Furthermore, I acknowledge and accept that my daughter will not be under the direct supervision and control of Elmwood School staff or other volunteers at all times during the practices. As such, I agree that the conduct of our daughter during unsupervised times and any consequences flowing from such conduct is solely the responsibility of my daughter.

By my signature below, I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE Elmwood School Inc. and its respective officers, partners, agents, employees, servants, representatives, successors and assigns ("the Releasees") OF AND FROM any and all actions, causes of actions, complaints, demands and claims whatsoever in existence prior to on or after the date hereof whether in law or in equity, in respect of death, injury, loss or damage to my daughter's person or my person or property HOWSOEVER CAUSED, arising or to arise by reason of my daughter's participation in the activities contemplated herein except to the extent that same are directly caused by the gross negligence of Elmwood School Inc. or its respective officers, partners, agents, employees, servants, representatives, successors and assigns. I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all the aforesaid from and against any and all liability incurred by any or all of them arising as a result of or in any way connected to my daughter's participation in the activities contemplated herein.

By my signature below, I also agree and undertake not to make any claim or take any proceedings against the Releasees set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Releasees set out above.

EMERGENCY MEDICAL CONSENT

In the event of an emergency, Elmwood School requires parental consent in order to consent to the medical treatment or surgery of the student. Elmwood School will use reasonable efforts to contact the parent(s) prior to consenting to medical treatment for the student and the parent(s) acknowledge and agree that the need for an immediate decision regarding medical treatment for the student may make such contact impossible.

Accordingly, I, by my signature below, hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to act in loco parentis and in that capacity to consent to medical treatment or surgery for the student based on the advice of the attending physician who considers immediate medical treatment or surgery to be a necessity.

In addition, by my signature below, I hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to seek and obtain any and all medical interventions that may be reasonably required to ensure the safety and well being of my daughter while at practices.

I have read all of the foregoing carefully and by my signature agree to be bound by all aspects of the foregoing.

Parent Name: _____ Date: _____

Parent Signature: _____

Parent Name: _____ Date: _____

Parent Signature: _____

Please return this form to Dana Borschewski by Tuesday April 19th, 2011