2026-2027
Warwick Valley High School Crew Team

Students and Parents,

Welcome to the Warwick Valley High School Crew Team! We look forward to working with all members and parents throughout the year.
Please note: Practice time is limited and the Coaches, Manager, and volunteers are focused on the activities of the members at this time. Any questions or concerns that a parent/guardian may have should be addressed via email to the warwickcrew@gmail.com address. Thank you for your cooperation.

There are two packets of forms for your review and signature. Listed below are the forms included along with instructions for completion. It is extremely important that these forms be completed and returned as soon as possible.

Waiver/Release Packet

These are the waivers and release forms required of all Warwick Crew Team members.

1. Consent, Medical Treatment and Release Form – must be completed, signed by student and parent/guardian.
2. Release of Liability Warwick Crew Team – must be reviewed and signed by both student and parent/guardian.
3. Release of Liability East Arm Rowing Team – must be reviewed and signed by both student and parent/guardian.
4. Release of Liability Warwick Crew Booster Club – must be reviewed and signed by both student and parent/guardian
5. Swim Test Waiver (new members only) – must be reviewed and signed by both student and parent/guardian.
6. Crew Team Sportsmanship Policy – must be reviewed and signed by both student and parent/guardian.
7. Warwick Valley High School Crew Policy – must be reviewed and signed by both student and parent/guardian.
8. Permission Form (Warwick Valley School District) – must be completed and signed by parent/guardian.
9. Permission Form (Warwick Crew Team) – must be completed and signed by parent/guardian. 10. Transportation Form -must be completed and signed by parent/guardian.

Safety Packet

This packet contains the Warwick Crew Team Safety Policy, Overview, and Compliance Form.

1. Warwick Crew Team Safety Policy Compliance Statement – must be signed by both student and parent/guardian after reviewing the Safety Policy. This form is the only part of the Safety Packet that must be returned.
2. Safety Policy Overview – this is to be kept for your reference.
3. Safety Policy – this is to be kept for your reference.

All forms and waivers need to be completed and returned with Warwick Crew dues prior to attending any practice at the boathouse!

rev 2026-2027

Warwick Valley High School Crew Team

2026-2027

Medical Treatment Release Form

Full Legal Name:_____

Home Address: _____

Date of Birth:_____ Gender: Female_____Male_____

Information for Medical Treatment

Physician's Name and Location of Practice:

_____

_____

Physician's Phone # (if known): (____)_____

Medical Insurer/Health Plan: _____Policy #:_____

Allergies to Medications: _____

Allergies (Other): _____

Please note all conditions for which the child is currently receiving treatment:

_____N

Note any other significant medical information:

_____

AUTHORIZATION AND CONSENT OF PARENT(S) OR LEGAL GUARDIAN(S)

PARENT / GUARDIAN PERMISSION

I hereby give my consent for the above student to engage in Warwick Valley High School Crew Team activities as a representative of the Warwick Valley High School. I also give my consent for the above student to accompany the team as a member on its away trips.

_____

Home/Cell Phone Number Parent/Guardian Signature

_____

Address

_____

Emergency Contact/Relationship Emergency Contact Phone Number

I give permission for the above student to carry and self-administer the following prescription medication while attending Warwick Crew Team activities. (Complete only as needed)

Prescription medications:

_____

Parent/Guardian Signature: _____ Date: _____

ACCIDENT RELEASE FROM PARENT/GUARDIAN

I hereby give the Warwick Valley High School Crew Coach permission, in my absence, to obtain medical treatment for my child in case of injury. I understand that every effort will immediately be made to notify me of such injury.

_____

Parent/Guardian Signature Date

rev 2026-2027

Release of Liability

Warwick Crew Team

2026-2027 Season

In consideration of being given the opportunity to participate in any Warwick Crew activity, including scheduled, supervised club activities, and registered regattas, until the end of this calendar year, I, myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a participant in a Warwick Crew Regatta and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue Warwick Crew team, Warwick Valley Central School District, East Arm Rowing Club, Warwick Crew Booster Club or Town of Warwick, NY, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releases herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

_____Date of Birth _____Age_____

Address: _____

City_____ State _____ Zip _____Phone _____

Participant's Signature:_____

PARENTAL CONSENT (if participant is under the age of 18). AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releases from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releases or otherwise, including negligent rescue operations; and I further agree that if, despite this release I, the minor, or anyone on the minor's behalf, makes a claim against any of the above Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian: _____Date_____

Address: _____City _____ State _____ Zip _____

Parent/Guardian Signature (only if participant is under the age of 18):_____

Warwick Crew Team Release of Liability; Return signed original and Keep a copy for reference

rev 2026-2027

Release of Liability

2026-2027 Season

EARC

In consideration of being given the opportunity to participate in any Warwick Crew activity, including scheduled, supervised team activities, and registered regattas, until the end of this calendar year, I, myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a participant in a Warwick Crew Regatta and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue Warwick Crew team, Warwick Valley Central School District, East Arm Rowing Club, Warwick Crew Booster Club or Town of Warwick, NY, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releases herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

_____Date of Birth _____ Age _____

Address: _____

City_____ State _____ Zip _____Phone _____

Participant's Signature:_____

PARENTAL CONSENT (if participant is under the age of 18). AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releases from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releases or otherwise, including negligent rescue operations; and I further agree that if, despite this release I, the minor, or anyone on the minor's behalf, makes a claim against any of the above Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian: _____Date_____

Address: _____City _____ State _____ Zip _____

Parent/Guardian Signature (only if participant is under the age of 18):_____

EARC Release of Liability - Return signed original and Keep a copy for reference rev 2026-2027

Release of Liability

2026-2027 Season

Warwick Crew Booster Club

In consideration of being given the opportunity to participate in any Warwick Crew activity, including scheduled, supervised club activities, and registered regattas, until the end of this calendar year, I, myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a participant in a Warwick Crew Regatta and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue Warwick Crew team, Warwick Valley Central School District, East Arm Rowing Club, Warwick Crew Booster Club or Town of Warwick, NY, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releases herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

_____Date of Birth _____ Age _____

Address: _____

City_____ State _____ Zip _____Phone _____

Participant's Signature:_____

PARENTAL CONSENT (if participant is under the age of 18). AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releases from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releases or otherwise, including negligent rescue operations; and I further agree that if, despite this release I, the minor, or anyone on the minor's behalf, makes a claim against any of the above Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian: _____Date_____

Address: _____City _____ State _____ Zip _____

Parent/Guardian Signature (only if participant is under the age of 18):_____

Warwick Crew Booster Club Release of Liability; Return signed original and Keep a copy for reference

Warwick Valley High School Crew

Waiver of Claim Against Coach,
East Arm Rowing Club (EARC),
Warwick Valley Crew (WVC),
and Warwick Valley Central School District

Swim Test

It is understood that the swim performance test is undertaken as a partial basis for selection of students for suitability for a rowing program but is not in any way a guarantee of their competence, nor is there any representation that a student passing the standards for such test is "safe" for rowing. The student and parents hereby understand that the coaches who administer the test and/or East Arm Rowing Club are not liable for any risk taken while rowing as a result of this test.

Accordingly, students and their parents waive all claim against the coaches or the East Arm Rowing Club, Inc. or their officers, Warwick Valley High School Crew or their Booster Club officers, or the Warwick Valley Central School District, and/or other members that might arise from this test, including any suggestion that such children are safe in a rowing boat and specifically reaffirm that the student and their parents assume all such risks in this dangerous activity, regardless of any suggestions arising from this test.

_____ _____
Student signature Date

_____ _____
Parent/Guardian signature Date

Rev 2026-2027

WARWICK VALLEY CENTRAL SCHOOL DISTRICT
HIGH SCHOOL ATHLETIC SPORTSMANSHIP POLICY
CREW

Few will dispute that sportsmanship should be an integral part of athletics. Our sports programs provide us with a unique opportunity to teach and learn respect for self and respect for others. The responsibility for sportsmanship in a school district is shared by many groups and individuals. Our mission is to promote responsible behavior by athletes, coaches, parents, and fans. They are expected to demonstrate respect for themselves and others and display good sportsmanship at all times. **ALL CONCERNED AGREE:**

1. To live up to the proper ideal of sportsmanship, ethical conduct, and fair play. 2. To eliminate all possibilities which tend to destroy the best values of the game. 3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To always set a good example for others to follow.
9. To encourage leadership, use of incentive, and good judgment by the players on the team.
10. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
11. To accept both victory and defeat with pride and compassion, never being boastful or bitter.
12. To remember that an athletic contest is only a game – not a matter of life or death for players, coach, school, official, fan, community, state, or nation.

Member Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

rev 2026-2027

Warwick Valley High School Crew

WARWICK VALLEY HIGH SCHOOL CREW POLICY

Dear Parent and Athlete,

Participation with WVHS Crew is a privilege that should elicit great pride in both the athletes and their families. It is also a responsibility that demands extra commitment once they decide to wear the school colors and represent their teammates, coaches, school, and community. Standards of behavior are high, and a willingness to live up to them is part of being a member of a team. For this reason, each team member is required to sign this statement of personal commitment indicating they and their parents recognize and understand their responsibility and are willing to adhere to basic concepts of good citizenship, proper training regulations, and positive example.

Behavioral Eligibility is based upon the student's ability to adhere to the Warwick Valley School District rules and regulations.

The Basic Rule is NEVER do anything which will bring embarrassment or an unfavorable view to your teammates, coaches, family, school, or community. Examples of improper behavior are:

1. Alcohol use
2. Use of illegal drugs
3. Poor school citizenship
4. Cutting class, cutting school, excessive tardiness
5. Cigarette or tobacco use
6. Vaping or e-cigarette use
7. Being a negative influence in terms of team morale or effort
8. Being in a public bar
9. Not making a sincere academic effort
10. Stealing of any kind, including athletic clothing – ours or opponents
11. Vandalism or property destruction
12. Verbal abuse or profanity directed toward team members, coaches, or parents
13. Any similar behavior which may cast an adverse reflection on our team

The Penalty for improper behavior may vary from suspension from the team to restriction for that season and/or year with the possibility of no refund.

PLEASE SIGN AND RETURN TO THE COACH. SIGNATURE INDICATES UNDERSTANDING AND ACCEPTANCE OF RESPONSIBILITIES FOR PARTICIPATION IN WARWICK VALLEY HIGH SCHOOL CREW.

_____ _____ _____

Parent/Guardian (Please print) Signature of Parent/Guardian Date

_____

_____ _____ Student Name

(Please print) Signature of Student Date

rev 2026-2027

Warwick Valley School District

Copy

Warwick Valley High School Crew Team
PERMISSION FORM

The Warwick Valley Central School District, the Warwick Crew Team and Booster Club, and EARC (East Arm Rowing Club) are asking your permission to use the following type of information about your child, a student in the School District, in articles regarding the Warwick Crew Team or School District in local newspapers and in the School Newsletter during the current school year:

- Name
- Participation in activities and sports
- Degrees, honors and awards received
- Photographs of child participating in club and school or school-related activities

I, the undersigned parent/guardian of_____,
Name of Student

a student in the Warwick Valley Central School District,

- Give my Permission _____
- Do not give my Permission _____

(Please indicate your choice by check mark (√) or cross mark (x) in the space above.)

for the Warwick Valley Central School District , the Warwick Crew Team and Booster Club, and EARC to use the information described above in local newspapers and the School Newsletter.

I understand that by giving this permission, I release the Warwick Valley Central School District, the Warwick Crew Team and Booster Club, EARC, its officers, employees and agents from any and all claims, demands, actions, causes of action, suits, damages, and judgments as a result of the use of the above information about my child in the publications described above.

I am over the age of 18; have read the above information; I understand the conditions of the above agreement and will be bound by its terms on my own behalf and on behalf of my child.

Date: _____

_____
Signature of Parent/Guardian

_____ _____
Relationship to Child Please print name of Parent/Guardian

rev 2026-2027

Warwick Valley Crew Team Copy

Warwick Valley High School Crew Team
PERMISSION FORM

The Warwick Valley Central School District, the Warwick Crew Team and Booster Club, and EARC (East Arm Rowing Club) are asking your permission to use the following type of information about your child, a student in the School District, in articles regarding the Warwick Crew Team or School District in local newspapers and in the School Newsletter during the current school year:

- Name
- Participation in activities and sports
- Degrees, honors and awards received
- Photographs of child participating in club and school or school-related activities

I, the undersigned parent/guardian _____

(Name of Student)

a student in the Warwick Valley Central School District,

[ ] Give my Permission

[ ] Do not give my Permission

(Please indicate your choice by check mark (√) in the space above.)

for the Warwick Valley Central School District , the Warwick Crew Team and Booster Club, and EARC to use the information described above in local newspapers and the School Newsletter.

I understand that by giving this permission, I release the Warwick Valley Central School District, the Warwick Crew Team and Booster Club, EARC, its officers, employees and agents from any and all claims, demands, actions, causes of action, suits, damages, and judgments as a result of the use of the above information about my child in the publications described above.

I am over the age of 18; have read the above information; I understand the conditions of the above agreement and will be bound by its terms on my own behalf and on behalf of my child.

Date: _____ Signature of Parent/Gurdian_____

_____ _____

Relationship to Child Please print name of Parent/Guardian

rev 2026-2027

Warwick Valley High School

Crew Team

PERMISSION FOR TRANSPORTATION BY OTHER PARENT/GUARDIAN

I, _____ give permission for_____
Name of Parent/Guardian **Name of Student**

to attend WVHS Crew Team practice at the East Arm Rowing Club (EARC) Boathouse in Greenwood Lake, New York.

Sometimes there is not enough room on the Dial-a-Bus going to practice at the boathouse and/or the return trip back to the High School.

Please complete this form in case your child needs to be driven to a Warwick Crew practice or race by an adult Crew Team driver – someone OTHER THAN his/her Parent/Guardian.

To this end, I give permission for _____ to be transported in a **Name of Student**

vehicle operated by an adult Crew Team driver.

_____ _____
Signature of Parent/Guardian **Date**

rev 2026-2027

Warwick Crew Team
Safety Policy Compliance Statement

I have read and understand the Warwick Crew Team Safety Policy. I recognize that my individual safety effort affects the performance and safety of the entire Team. I will actively work to follow and enforce the safety guidelines contained within the policy.

Student Signature_____

Parent Signature _____

Date _____

Sign and return this sheet only.

Keep Safety Policy and Overview for your reference

rev
2026-2027

Keep this page for Reference

Warwick Valley High School Crew Team
Safety Policy Overview

- A written safety policy is printed and distributed to all members.
- Each member is required to pass a swim test before joining the team.
- A binder holding emergency and contact information for each team member is kept in the boathouse, and is taken to each out of town race/event.
- A team roster with phone numbers is posted in the boathouse.
- A list of cell phone numbers for all team members' families is distributed.
- Each student member is required to view a rowing safety video annually.
- Individual waivers are signed and returned for all events when required.

On-water Practices

- There is always at least one launch motorboat that goes out with the rowing boats. The boat carries the Coach and driver, and a megaphone, several bags with life vests, and bailing kit.
- Each rower and coxswain wears a specialized Personal Flotation Device (PFD) during every on-water practice.
- Walkie-talkies are carried and used by the Coach, each coxswain, and the adult boathouse monitor to communicate during on-water practices.
- Each boat's coxswain carries a walkie-talkie.
- There is at least one adult monitor in the boathouse during practices at all times.
- The combined water and air temperature must be above 100 before boats can go on the water. ● A map of Greenwood Lake where students practice is posted in the boathouse to show safe and unsafe areas.

Keep for Reference

Warwick Valley High School
Crew Club
Safety Policy

I. Charter

The Warwick Crew Safety Committee was established, under the direction of the East Arm Rowing Club (EARC), in order to provide the scholastic Crew Team of Warwick Valley High School with a safety policy and procedure. The committee will do this by supporting existing EARC policy, as well as by providing additional guidelines specific to junior (scholastic) rowers. These guidelines are based on recommendations of US Rowing, the ARA Water Safety Code, US Coast Guard regulations, as well as a compilation of safety recommendations from established rowing organizations.

II. Implementation of Safety Rules and Sanctions

Membership in the Warwick Valley High School Crew Team (WVHSCT) is open to those students in grades 9 through 12 who maintain academic and behavioral eligibility according to school team policy. Each member must abide by EARC regulations for scholastic rowers. In addition, it is the responsibility of each member of the WVHSCT to make him/herself familiar with the guidelines contained herein and to actively work to follow and enforce them. Each WVHSCT member is to recognize that his /her individual safety effort affects the team's performance. Each team member is to receive a copy of the Safety Policy, and is expected to sign a statement that he/she and a parent/guardian have read and understand the policy. Furthermore, it is emphasized that all Coaches and instructional staff shall review with their crew members proper safety procedures and ways to handle emergency situations detailed in the Safety Handbook. All incidents evidencing blatant disregard of the rules should be referred to the Safety Committee for resolution in accordance with the following procedures:

A. Referrals may be made by Coaches, instructors, or team members.
B. Referrals should be in writing and should describe the incident in detail.
C. The Safety Committee will notify the alleged offender, review any additional information from involved parties as needed, and recommend action, if any, to be taken.
D. Coaches, parents, and instructors must recognize that consistent application of these guidelines is necessary and that inconsistent application undermines the safety of the program.

After completing a review of a referral, the Safety Committee may make recommendations for sanctions as follows:

1. Restriction of privileges, e.g., limitations on use of facility/equipment

2. Suspension of privileges
3. Denial of entry to sponsored regattas
4. Revocation of membership, without compensation

III. General Safety Guidelines for All Members

A. Each member must present evidence of general fitness, adequate vision, and adequate hearing, certified by a physician, as the result of a physical examination. Written parental permission is necessary for any member to carry prescription medication during club activities.

B. Prior to any on-water activity, each member must pass a swim test, to be administered by a Red Cross or YMCA Certified Lifeguard or swim instructor. Test parameters are to be set by the Warwick Crew Safety Committee, in conjunction with EARC, and are subject to modification. (A member who has not passed a swim test may participate in off-water activities until such time as he/she is able to pass a swim test.)

C. Each rower must wear a U.S. Coast Guard approved Personal Flotation Device (PFD) while engaged in on-water practice, and may wear such PFD during regattas if not specifically prohibited. Each cox must wear a U.S. Coast Guard approved PFD while engaged in any on-water activity, including during regattas.

D. Each member is responsible for dressing appropriately for weather conditions, for bringing his/her own hydrating fluid during warm weather, and for taking precautionary medications with him/her on the water (e.g., asthma inhalers).

E. Each member must complete any safety instructional activity deemed mandatory by either the Safety Committee or Coach, which shall include, but is not limited to viewing the USRA safety video, participation in coxing clinic, and participation in boating safety clinics. Individual attendance will be kept, and lack of participation will affect eligibility for on-water activity. Each member must be a member of US Rowing or other governing rowing body as dictated by the Warwick Crew Booster Club Board of Directors and/or Warwick Valley School District.

F. Possession or use of alcohol or illegal drugs by any member is grounds for revocation of team membership.

G. No member is allowed in the EARC boathouse without adult supervision, nor is any member allowed on the water unless accompanied by a Coach in a launch. (See Section VI, I, “Coach Responsibilities.”)

H. Unauthorized swimming off the dock or boats, or reckless behavior or horseplay is prohibited.

I. Intentional disregard for any safety rule or procedure is grounds for referral and sanction, as deemed appropriate by either the Coach or Safety Committee.

IV. Responsibilities of Safety Officer

The Warwick Valley High School Crew Team shall appoint a Safety Officer, whose duty it will be to understand and communicate safety policy to team members. Duties of the Safety Officer include:

- To work in conjunction with other Safety Committee members, Coach and other instructional staff to provide continuing rowing and water safety educational programs to team members.

- To make each member aware of the location of EARC safety rules, emergency phone numbers, visual water safety aids, and safety and first aid equipment located within the boathouse.

- To draw up and display a plan of the local waterway, drawing attention to the applicable navigation rules and any local interpretation requirements to accommodate particular hazards. Instructions shall be included on any variation in normal procedures necessary to combat climatic conditions which may arise locally.

- To make each member aware of daily rowing logbook procedure and accident log procedure. (See Section V, E,

F, “Boathouse Safety”)

- To ascertain, in conjunction with the Coach, that all rowing equipment used by Warwick Crew members is maintained in good order, according to EARC certification, and safe for use. All equipment not fit for use shall be clearly marked “UNSAFE – DO NOT USE.”

- To determine, in conjunction with the EARC personnel, if weather conditions are such that rowing is unadvisable. The Safety Officer shall have and exercise the authority to demand the suspension of boating activity should he/she believe the conditions unsafe for any reason.

V. Boathouse Safety

A. There shall be prominently displayed in the EARC boathouse the following:

- A list of vital telephone numbers relating to safety including Emergency Services, Fire, Police, ambulance, doctors, local hospital, offshore or lake rescue services, local lake police. (This shall be referred to as “Emergency Call List.”)
- Visual aids on water safety and life saving and resuscitation procedures
- A plan of the local waterway, identifying lake traffic patterns and lake hazards
- A list of on-water Right-of-Way rules
- A list of personnel, approved by the Warwick Valley School District, EARC, and the Warwick Crew Team Head Coach, who may serve as alternate/additional Coach(es) and supervisory personnel

B. Safety and First Aid equipment shall be readily available in the EARC boathouse, to include the following:

- First Aid Box (to be fully stocked, contents listed and replaced, according to EARC policy
- Thermal/exposure blankets
- Life buoys and rescue lines/throw-bags
- Life jackets/PFDs

C. All gasoline and other flammables are to be stored in an area other than the

boathouse. D. No smoking is permitted on EARC grounds or during rowing activities.

E. All shells and launches taken out of the boathouse, whether for practice or for a regatta, are to be signed out in the logbook prior to going on the water. For coxed boats during team practice, coxswains are responsible for completing the log. For launches and regattas, the Coach is responsible for completing the log. The log should include the boat name, names of coxswain and rowers, time out, and expected time back. Upon return, complete the actual time in, comments and all equipment problems encountered. If warranted, place an “OUT OF SERVICE” marker on the boat and make a detailed entry in the log.

F. An accident log is to be maintained and available for inspection at all times, giving time, place and nature of accident, injuries/damages sustained and names and addresses of witnesses. All cases of accident involving injury shall be submitted in writing to EARC, the Warwick Crew Team Safety Officer/Committee, the Warwick Crew Booster Club and the Warwick Valley High School Building Principal. The Coach is responsible for log maintenance and notification correspondence.

G. Determination shall be made by the EARC personnel, in conjunction with the Warwick Crew Club Safety Officer if weather conditions are such that rowing is unadvisable or limited to within the east arm of the lake, within view of the safety launch. The Safety Officer and/or Coach shall have and exercise the authority to demand the suspension of boating activity should he/she believe the conditions unsafe for any reason. As part of determining whether on-water activity will take place, the Coach shall obtain a current weather forecast to determine whether severe weather is predicted. Crews may not launch if any of the following conditions exist or are seriously threatening:

- The sum of air temperature plus water temperature does not equal 100 degrees
- Fast current, high winds, lightning, fog, thunder, or large or heavy amounts of debris

- Ice formed on the water
- Visibility less than 100m
- Dusk or darkness
- Sleet, snow

H. The Safety Officer and/or Coach shall ascertain that all rowing equipment used by Warwick Crew Team members is maintained in good order and safe, according to EARC certification.

VI. Coach Responsibilities

A. The Coach shall ensure that, prior to participation in Crew Team activity on or off the water, a team member has:

- provided evidence of good physical health, as directed in Section III, "General Guidelines" ● provided all necessary completed and signed EARC and Warwick Crew Team paperwork ● adhered to swim test policy, as directed in Section III, "General Guidelines"
- is eligible for team participation, according to Warwick High School behavioral and academic eligibility standards.

B. The Coach shall have the following qualifications:

- be an adult, over the age of 18, approved by the Warwick Valley School district and EARC ● be certified by the Amateur Rowing Association (ARA) or US Rowing Association (USRA), OR ● be qualified in rowing by training or experience, and have 2 or more years of coaching experience
- have viewed the USRA safety video
- have basic knowledge of first aid. It is desirable that a Coach be first responder and first aid certified. ● be knowledgeable of and able to implement emergency rowing rescue procedure

C. In the event that the Coach is unavailable, he/she may designate a responsible adult, over the age of 18, to directly supervise on-water club activity in his/her absence. This individual must meet the same requirements as indicated in Section IV, B, and be knowledgeable about and enforce basic sports and Warwick Crew Team and EARC rowing safety policy. A list of such approved Coach-designees shall be posted in the EARC boathouse.

D. The Coach must have available, for each rower/cox, the following information:

- name and date of birth
- address and phone number
- emergency contact information (name, address, phone number)
- consent for emergency treatment

E. The Coach shall ensure that each cox has Level 1 Cox certification from EARC, is familiar with safety precautions, and exercises good seamanship (e.g. turning in sandy or rough water).

F. The Coach is responsible for daily log and accident log entries as specified in Section V, E and V, F "Boathouse Safety."

G. All scholastic rowing crews must be accompanied on the water by a safety launch. A Coach sitting in the cox's seat does not constitute a safety launch.

The following regulations apply to the safety launch:

- Launch personnel are to be limited to the Coach and anyone designated by the Coach to assist him/her, which may include EARC club and /or Warwick Crew Booster Club members or alternate rowers or coxes, and the situation warrants.
- Coaches and other launch personnel must wear a PFD at all times.
- Crews launching may not leave sight of the boathouse dock until accompanied by safety launch and must

return to the boathouse if launch proves inoperable.

- Launch must remain within 1500m of any crew boat. If, however, on-water activity is limited due to weather or other hazard, the launch shall remain within 700m of any crew boat.
- Launch operator must have an uninterrupted 360-degree view at all times.
- Each Launch must be equipped with the following safety items:

  - adequate gasoline
  - a bailer
  - a sound signaling warning device (megaphone or horn)
  - a throwable cushion with throw bag
  - life buoys and thermal exposure blankets
  - 2 paddles, tools, flares, waterproof flashlight with extra batteries
  - a basic First Aid kit
  - a sharp knife in carrying sheath
  - anchor and line
  - simple handholds fixed to the side of the launch to give help t one being rescued and provide self help should the driver fall overboard
  - ladder
  - cell phone or other 2-way communication device
  - tools necessary to make simple repairs
  - laminated paperwork containing Emergency Call Guide, rowing commands, and operating safety procedure (OSP)
  - emergency PFDs
  - any additional equipment mandated by the US Coast Guard or Greenwood Lake Police authority

H. When crews are rowing away from their home water, the Coach shall ascertain the local code of practice and, at regattas, any special traffic rules to be observed, and ensure crews fully understand them.

VII. Cox Responsibilities

A. Each cox is subject to general regulation, as outlined in Section III “General Guidelines.”

B. Each cox is responsible for dressing suitably for weather conditions, and is required to wear a PFD during on water activity, as outlined in Section III, C “General Safety Guidelines.”

C. Each cox is responsible for making log book entries, as outlined in Section V “Boathouse Safety.”

D. Each cox is required to know how to row.

E. Each cox must complete the EARC cox training clinic and receive EARC Cox Certification prior to coxing a boat.

F. In bow coxed boats, each cox is responsible for making sure the cox box is charged and functional. A bow coxed boat may not be launched without a working cox box.

G. Each cox is responsible to ascertain the general readiness of his/her crew prior to launch, which shall include ascertaining that each rower is dressed suitably for the weather, that each rower has checked his/her equipment, that each rower is using safe equipment, and that each rower is correctly wearing a PFD.

H. Each cox is responsible to ensure that the following safety items are on board his/her shell prior to launch, and secured in a waterproof bag in a manner so as not to be lost if the shell capsizes:

- flashlight, or other visual distress signal

- whistle
- bailer
- laminated list of safe landing points

I. Each cox is responsible for following the traffic pattern at all times, and for being aware of, and avoiding other traffic, who may not be following the traffic pattern.

J. Each cox must realize that his/her primary job is to safely guide the boat by steering the boat and commanding the crew. As such, he/she must be aware that both his/her demonstration of leadership and ability to remain calm are necessary and paramount to safety.

VIII. Rower Responsibilities

A. Each rower is subject to general regulations as outlined in Section III "General Guidelines," including participation in all mandated safety clinics.

B. Each rower is responsible for dressing suitably for weather conditions, and is required to wear a PFD during on water activity, as outlined in Section III, C "General Safety Guidelines."

C. Each rower must recognize that the cox is in command of the boat at all times, and should be given complete attention and respect.

D. Any rower who sees a hazard (weather or other) that he/she believes the cox does not see, must notify the cox immediately.

E. If any rower feels a cox's command will place either the crew or equipment in a harmful position, that rower has the responsibility to bring his/her concerns to the cox's immediate attention.

F. Rowers should all work together to achieve the desired end, as determined and directed by the cox.

G. Each rower is responsible for checking his/her equipment prior to and after rowing, and reporting damage immediately to the Coach.

(9/10/15)

rev 2026-2027

Warwick Valley High School Varsity Crew

Questions and Answers about Crew 2026-2027

What is Crew?

Crew is a sport where long, slender boats, each with a "cox" (the boss of the boat) and a team of rowers, race against each other on a lake or river. The slender racing boats come in different lengths, each carrying a different number of rowers. The longest is used by a cox and 8 rowers, each using a single oar. A shorter boat is for a cox and 4 rowers. Other boats available are quads, doubles and singles, where each rower uses two oars. The Warwick team travels to race against teams from other high schools in the area.

What does the Parent Booster Club do?

Our very active Crew Parent Booster Club handles many aspects of the club's operation, including information communication, fund raising, organizing food for races, ordering uniforms, and much more. We welcome and encourage all parents' participation! The Parent Booster Club is not just the Booster Club Board. All of the parents together make the club. Get involved, meet the rest of the families and have fun with us!

What are the costs to become a member?
Warwick Crew dues are $550 per year, payable half in the fall and half before starting spring practices. New members are required to purchase a 2-piece uniform top set plus a hat prior to race season in the spring – approximately $60 in the past.

Are there any other requirements?
Students are required to fill out Operoo forms online and provide the High School with a current physical exam. Each student is also required to pass a swim test. In addition, each member must maintain academic and behavioral eligibility as defined by the school district.

How much of a commitment is it?
Our team is increasing water practice days to 3 days a week this year. Starting Monday, September 16, 2024, water practices will be held Mon/Tues/Thurs, for as long into the fall as the weather permits. Indoor practice will be 3 days a week, Mon/Tues/Thurs, as in past years. Just like any other sports team, practice is mandatory. With the exception of illness or a doctor's appointment, or an unforeseen emergency, students are expected to be at practice.

The race season, which runs from April to early June, is very short. But there are very specific rules and requirements for who can be placed in a boat for a race. For example, some races are novice races, meaning only first-year rowers are eligible (they can be any age, but they must be new to rowing). Some races are lightweight races meaning students have to weigh in to be eligible. Rowers also become skilled in a certain position in the boat, and they tend to master one side of the boat, making them either port side rowers or starboard rowers. Because of these rules and specialization, it's not possible to simply take a rower out of one spot and pop them into a boat in any position. This is why it's so important for everyone to be present at practices and regattas -- missing practice or races could result in other rowers being disqualified or unable to race.

Where does the team practice?

Our water practices are held at the EARC boathouse on Sterling Avenue in Greenwood Lake. The boathouse and surrounding property house the various boats and equipment, and the docks are used to launch the boats.

When does the team practice?
Students practice throughout the school year. Practices start immediately after school dismissal and end at approximately 5:00pm. During the winter, members practice at the high school on rowing machines (ergs) and in the weight room to maintain their strength and endurance. The winter practices also begin immediately after dismissal and end at approximately 5:00pm. Our primary race season is in the spring with races occurring mostly on weekends during April, May and the beginning of June.

Who is the Coach?
Our Head Coach is Jim Cody, an international rowing champion, a resident of Greenwood Lake, Past President of the East Arm Rowing Club and Master Rower. Coach is assisted by Cate Cody and Kate Glover, both Master Rowers and international rowing champions!! And our team is managed by Beth Purta.

How do I learn to row?
You will be taught all aspects of rowing as new members of the team. Coaches and experienced team members will teach you about the various parts of the boat and basic rowing skills during the first few weeks of fall practices. We will have on-water practice as weather permits.

Do I have to be in a certain grade to join?
Crew has male and female members in grades 9-12, and depending on the number of open spots available,

accepts new members from those grades.

How do I get to the boathouse after school and then back to Warwick?
There is a school bus route to Greenwood Lake that is available for students. Students that drive are able to park in a nearby parking lot when coming to practice. Some students/parents also make carpool arrangements.

Can I participate in another sport and be a member of Warwick Crew?
A student who competes in a fall or winter sport is eligible for Crew only if approved by the Crew coach. Due to the time conflict, a student may NOT be a member of another spring school sports team.

Where and when are races held?
The primary race season is in the spring with races taking place mostly on weekends in April, May and the beginning of June. A typical race day would require meeting at the high school at 4:15am and returning to Warwick mid-afternoon. The team competes in the scholastic Hudson Valley Rowing League, which includes several area high school crew clubs and teams. Regattas are hosted by league member schools at their local lakes and rivers. Our team used to host a regatta on Greenwood Lake. This hasn't been done in quite a few years. We participate mostly on the Hudson River and Rockland Lake State Park and sometimes race on the Rondout Landing in Kingston. We also participate in the NYS Championships in Saratoga Springs, New York in May (always on Mother's Day weekend).

What are the safety precautions on the water?
Safety is an important consideration in Crew. A coach or qualified member of the EARC is always present when members are on the water. During practice, all students wear personal flotation devices (PFDs), and a coach is always nearby in a small motorboat. The coach, dock master, and one person in each boat each carry a walkie talkie. In addition, all students are required to view a safety video at the beginning of each season. A copy of Warwick Crew's Safety Policy is given to each family.

Do I need to be a good swimmer to join the club?
For safety reasons, members must pass a basic swimming proficiency test, given at the beginning of the season. Plans will be made for the swim test to occur at the high school for new members. New rowers will not be permitted to participate in water practice until they have passed the swim test.

How do I get regular information about the club and schedules?
We rely on email and our website to communicate all information to members and families. For this reason, it is critical that valid email addresses are given when signing up for the team. Questions should be directed to the booster club email: warwickcrewboosterclub@gmail.com for Events and **warwickcrew@gmail.com** for TEAM INFO! We have also established a website www.wvhsrowing.org where schedules, forms and other information is posted throughout the season.