

Holy Names Academy/Lake Union Crew Junior Summer Rowing Camp 2010

Policies and Procedures

Payments and registration

- Camp fees are payable in full before the beginning of each session (check made payable to Lake Union Crew)
- Our sessions are each 3 weeks long. While it is best to attend consecutive weeks and enroll in complete sessions, we understand that family schedules may not always allow this. You may mix and match weeks from different sessions if you wish. HOWEVER, any camper who has never rowed before MUST attend a 'WEEK 1' before registering for any subsequent weeks.
- We do not pro-rate camp fees or offer refunds.

Schedule

- The Coaches and Staff at Lake Union Crew are dedicated to providing a fun, unique and challenging experience for all campers. While activities may change due to weather or other factors, the general outline for Camp will be as follows:

10:00 – 10:30 a.m.: Attendance + warm-up/stretching
10:30 – 11:45 a.m.: Rowing activities
11:45 – 12:00 p.m.: Return to dock, put away boats and equipment

END OF MORNING SESSION – Camper Pick-up

12:00 – 1:00 p.m.: **LUNCH**
1:00 – 2:00 p.m.: Group activity/game
2:15 – 3:45 p.m.: Rowing activities
3:45 – 4:00 p.m.: Return to dock, put away boats and equipment

END OF ALL-DAY SESSION – Camper Pick-up

Attire

- Campers should wear comfortable, stretchy clothing that is not too baggy.
- Lace-up athletic shoes that are OK to get wet are recommended. Flip-flops, sandals, or bare feet are not allowed for rowing.
- Shirts must be able to be tucked in. No revealing outfits or degrading / profane messages on clothing.
- Please take the weather into account. We will row if it's raining, so it is advised that campers bring a change of clothes. Layers are a good idea on chilly days, as are hats and long sleeves on sunny ones.

Class Conduct

- Campers **MUST** follow all boathouse and safety rules. A camper who does not comply with the rules may be asked not to participate.
- Campers are expected to be courteous and encouraging to classmates, coaches, and staff.
- Campers must stay with their group and focus on the activity the instructor has chosen.
- No gum during class. You may bring a water bottle. We provide water breaks and water is available for campers.

Arrival/ Departure

- Please do not drop off campers more than 30 minutes before class, or pick up campers any later than 30 minutes after class.

- While we understand that there are many circumstances that may lead to being late, if a camper arrives after boat line-ups are made, he/she may be required to wait for an appropriate time to rotate the camper into the activity.

Lunch / Snacks

- Please provide a lunch and/or snack for your child while at camp. Lake Union Crew will not be providing food.
- There are a few places to purchase food within walking distance of Lake Union Crew. If your child is old enough, and you wish to give permission for him/her to leave Lake Union Crew unaccompanied, please sign the appropriate line on the registration form. Lake Union Crew assumes no responsibility for your child when out of our supervision. If your child leaves for lunch, he/she is expected to return by the time given by the coaches or staff.

Float Test and Waiver

- **All campers are required to take a float test** to verify that he/she is able to float and/or swim for at least 10 minutes. The float test form (below) should be taken to a public pool or YMCA where a certified Water Safety Instructor can conduct the test.
- Lake Union Crew **must have an ORIGINAL COPY** of the float test form. If you have participated in our camps in the past 3 years, we will have your test on file.
- All campers **must have a current Release of Liability Waiver**. We need a new waiver every calendar year, so if you participated last year, we will need you to fill out another one.
- Campers who do not have these forms **will not** be allowed to participate.

Please detach this portion and return to Lake Union Crew upon completion:

Lake Union Crew Float Test Form

Every participant must successfully pass a float test prior to the first water session of our Junior Programs. It is also a membership requirement for those under 18 years of age in any of our regular Rowing Programs. In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for 10 minutes. In the final minute of the test, you must put on a life vest while continuing to tread water. A 10-minute float test is valid for 3 years.

Float tests must be given at public swimming pools or public beaches under the supervision of a lifeguard certified by the **American Red Cross**. Regular pool admission is charged.

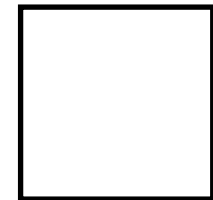
Name _____

Address _____

The above individual has successfully passed a float test as required for participation in Rowing Programs at **Lake Union Crew**.

Swimming Pool / Beach / Office Use Only

Identification Verified _____
(Initials)



Validation Stamp

Lifeguard Name _____

Signature _____ Date _____