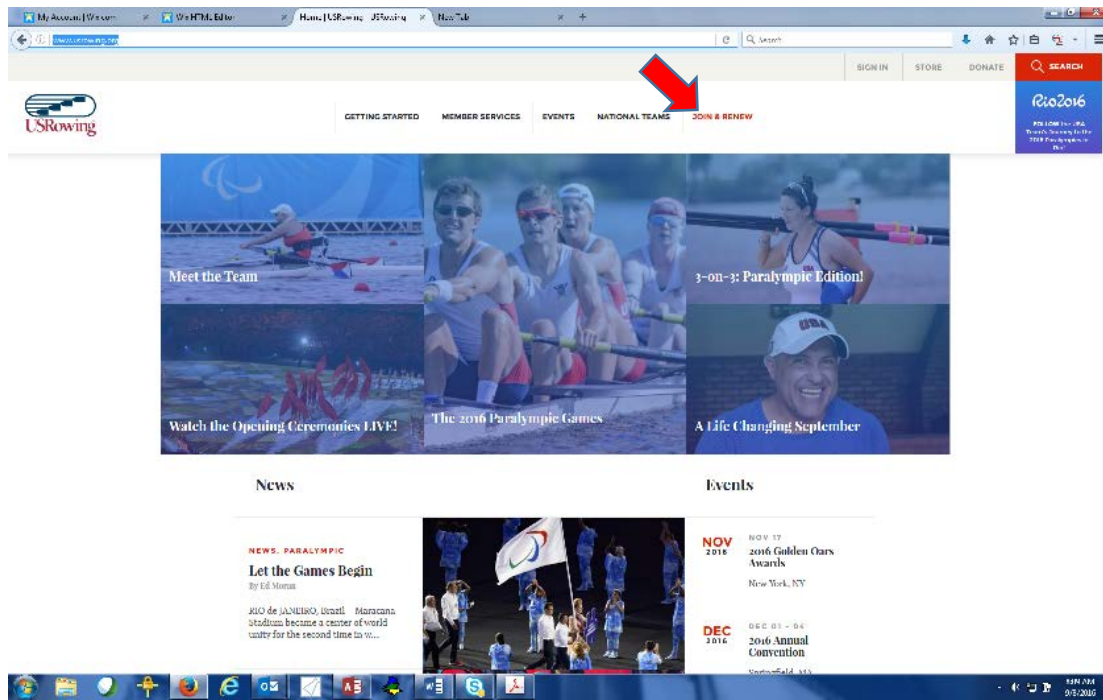
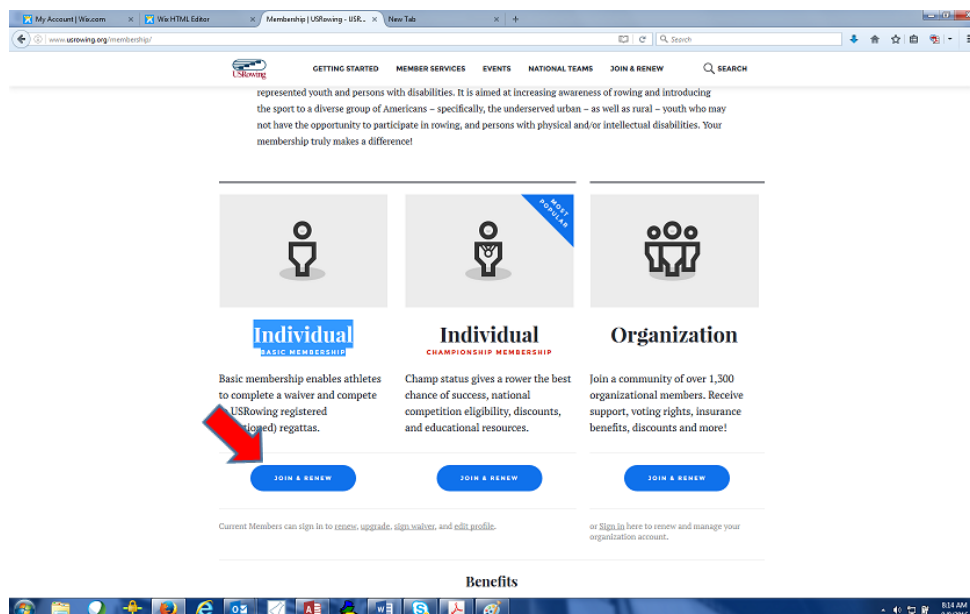


Instructions for signing Insurance waiver on US Rowing

1. Log on to <http://www.usrowing.org/>
2. Select Join & Renew in the upper right hand corner;

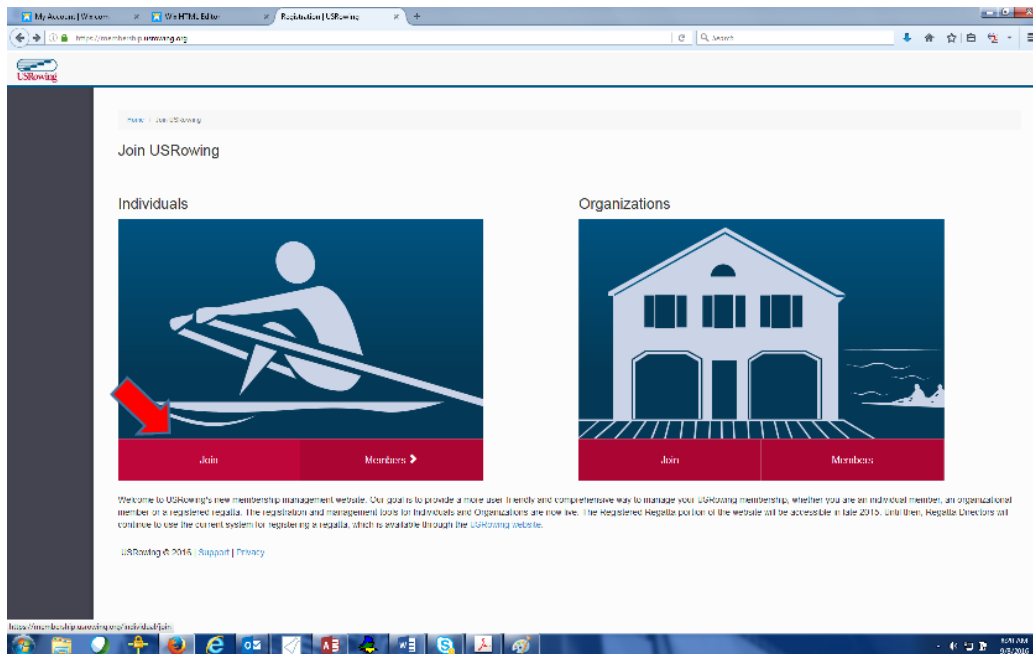


3. Scroll down to where it says Individual, Basic Membership and click the button under that section.

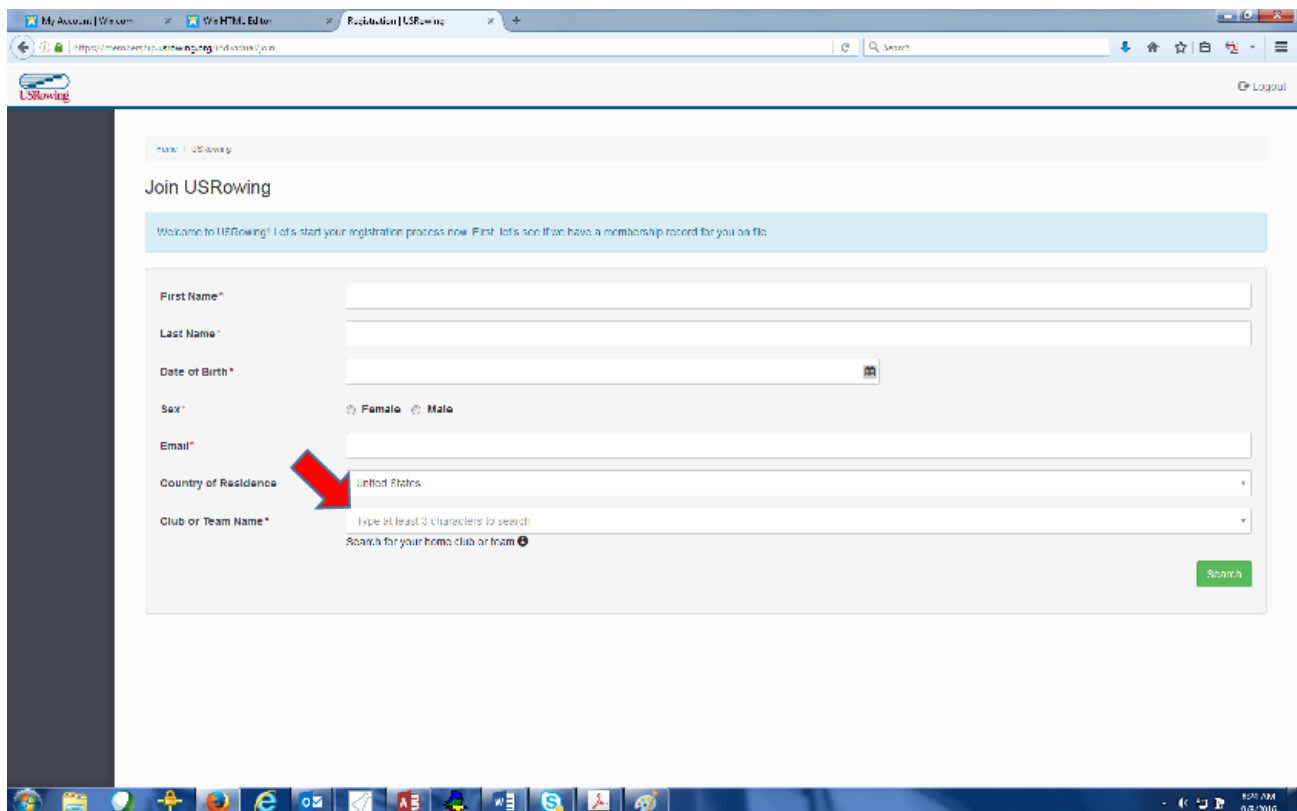


4.

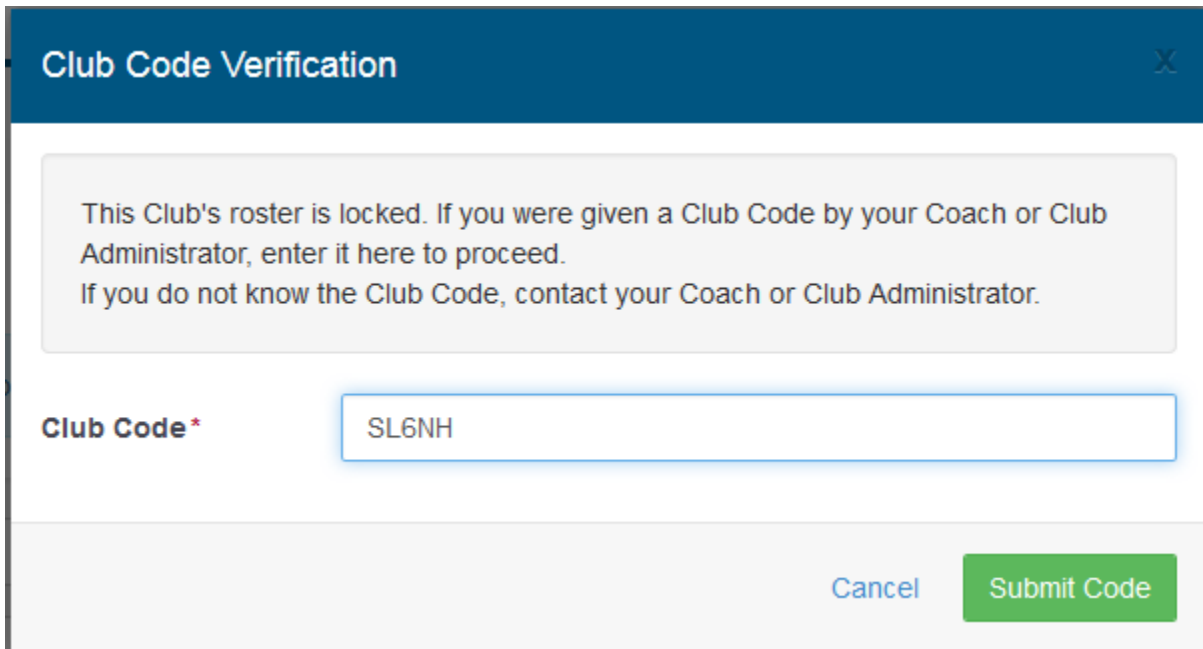
- a. If you have not previously registered the rower on US Rowing, select Join, under Individuals;



- b. Fill out the required information for the rower on the next page;
- c. For the "Club or Team Name" field, type "Ocean City Crew Boosters, Inc. & High School"

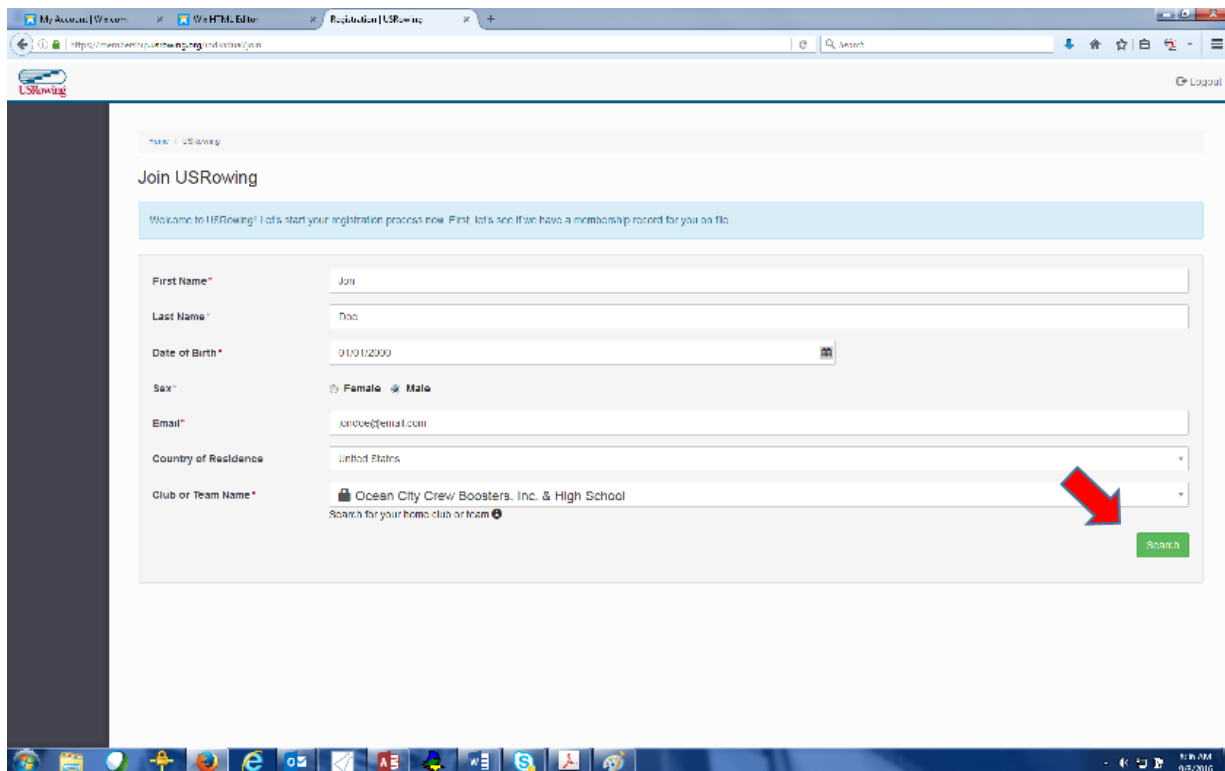


- d. A “Club Code Verification” box will pop up. Enter SL6NH & click submit code;



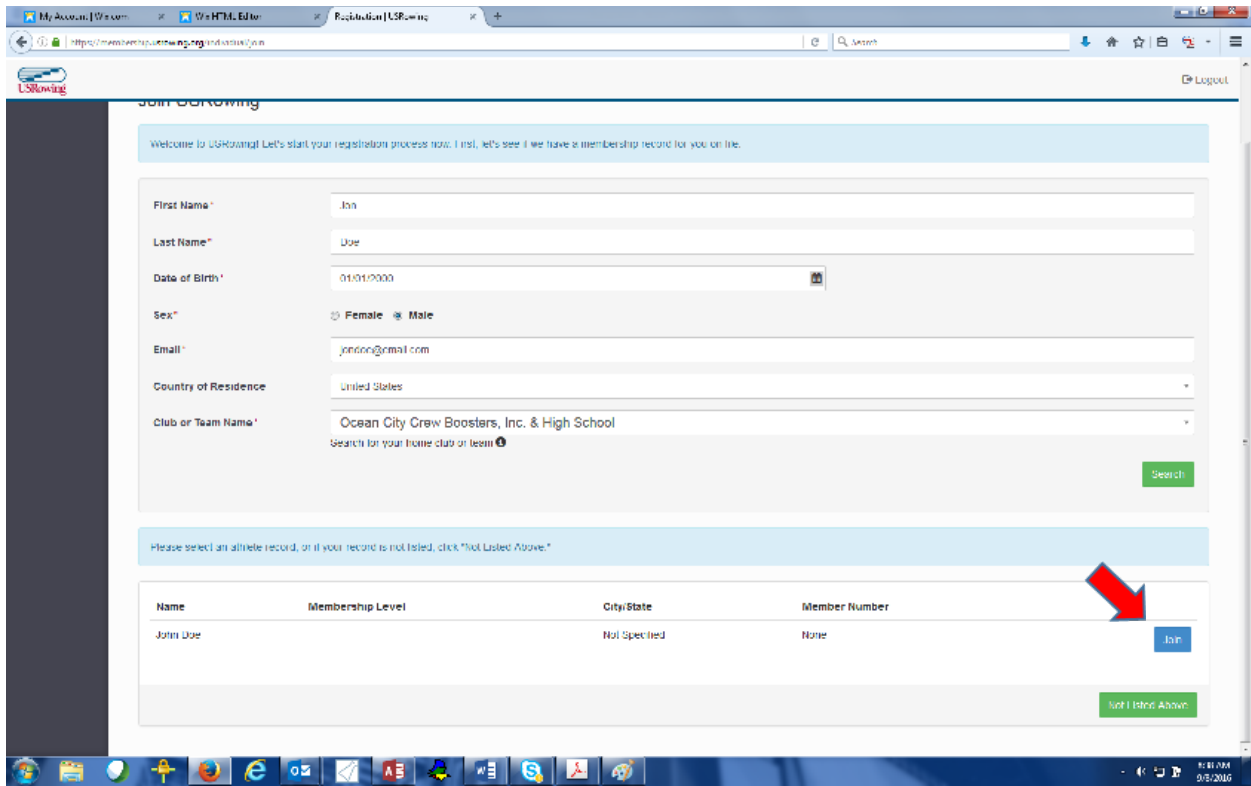
The image shows a modal dialog box titled "Club Code Verification" with a close button (X) in the top right corner. The main text reads: "This Club's roster is locked. If you were given a Club Code by your Coach or Club Administrator, enter it here to proceed. If you do not know the Club Code, contact your Coach or Club Administrator." Below the text is a text input field labeled "Club Code*" containing the text "SL6NH". At the bottom right of the dialog are two buttons: "Cancel" and "Submit Code".

- e. Click search on the bottom right hand corner after all required field are filled in;

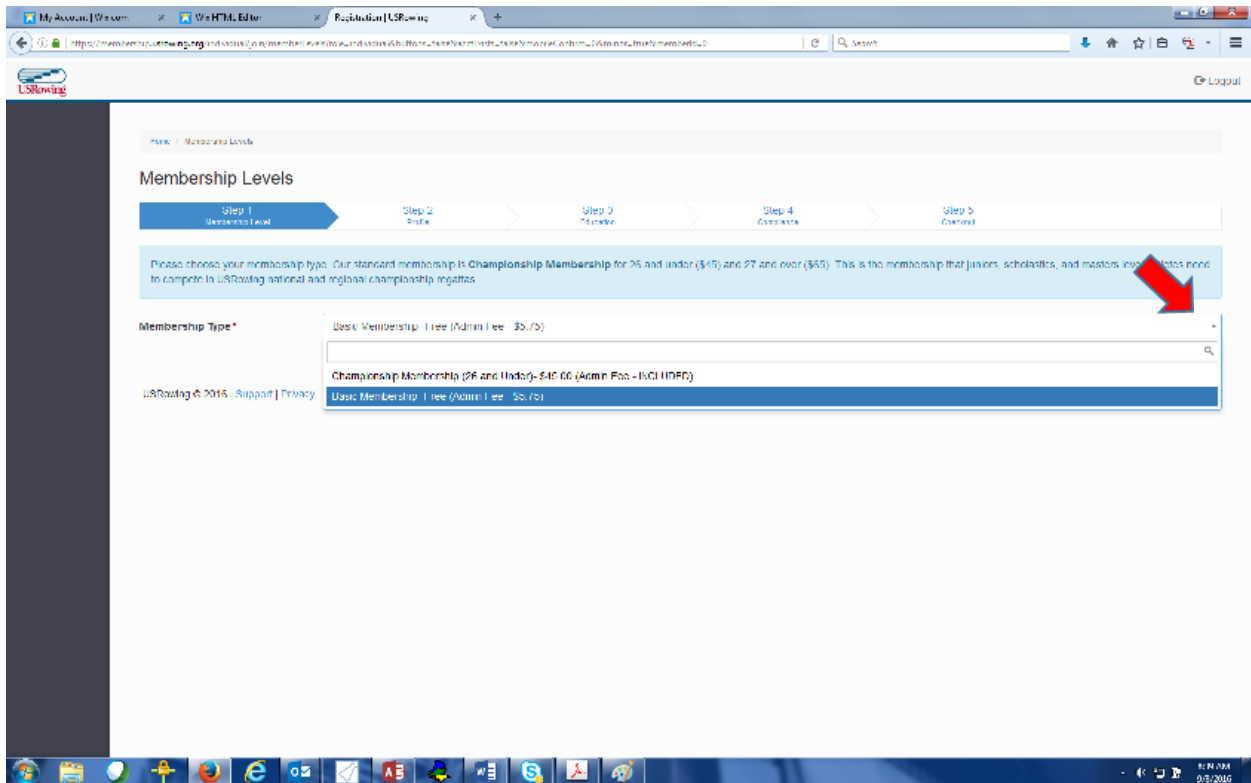


The image shows a web browser window displaying the USRowing registration page. The browser's address bar shows the URL "https://members.usrowing.org/index.cfm". The page title is "Join USRowing". A blue banner below the title says "Welcome to USRowing! Let's start your registration process now. First, let's see if we have a membership record for you on file." The registration form contains the following fields: "First Name*" with "Jon", "Last Name*" with "Doe", "Date of Birth*" with "01/01/2000", "Sex*" with radio buttons for "Female" and "Male" (Male is selected), "Email*" with "jondoe@email.com", "Country of Residence" with a dropdown menu showing "United States", and "Club or Team Name*" with a dropdown menu showing "Ocean City Crew Boosters, Inc. & High School" and a search icon. A red arrow points to the search icon. A green "Search" button is located at the bottom right of the form. The Windows taskbar is visible at the bottom of the screen.

f. Click "Join" on the next screen;



g. Select "Basic Membership" from the drop down menu on the next page;



- h. Fill out required fields on the “Profile Page” and hit Submit on the bottom right hand corner;

The screenshot shows a web browser window displaying the USRowing profile page. The page contains several form fields: 'Contact Phone' with a value of '+1 609 857 6309', 'Relationship' set to 'Spouse', and an 'Additional Information' section. This section includes a dropdown for 'Would you like more information about becoming a USRowing Referee?' (set to 'choose'), 'Race' (set to 'Prefer not to answer'), 'Ethnicity' (set to 'Not Hispanic or Latino'), and 'Are you a United States Veteran?' (set to 'choose'). Below these is a disclaimer about ability status and another 'choose' dropdown. A red arrow points to the 'Submit' button at the bottom right of the form area. The footer of the page includes 'USRowing © 2016 | Support | Privacy' and a system tray with the date '8/3/2016'.

- i. Click “Yes” on the Parental Consent pop up;

The screenshot shows a 'Parental Consent' dialog box with a dark blue header and a light gray body. The text inside reads: 'I confirm I am over the age of 18 and the Parent or Legal Guardian for this individual. Click Yes if the above statement is true and you wish to proceed. Otherwise, click Cancel.' At the bottom right, there are two buttons: 'Cancel' and 'Yes'. A red arrow points to the 'Yes' button.

- j. Type in your name in the Parental Consent Field and click the check box next “I understand and agree to the terms of this waiver”. Then click submit;

The screenshot shows the 'Member Waiver' page on the USRowing website. The progress bar indicates Step 4 'Consent' is active. The '2016 Waiver' section contains a scrollable text area with the following text:

2016 Waiver
By clicking Accept below, I hereby verify that I have read and fully understand each of the following conditions for participation in any USRowing recognized or sanctioned event, and I accept each of the conditions below, especially the waiver and release set forth in paragraph one. FOR ANY PARTICIPANT WHO IS NOT YET 18 YEARS OLD, THE WAIVER MUST BE READ AND ACCEPTED BY THE LEGAL GUARDIAN OF THE PARTICIPANT. By clicking Accept below, I hereby verify that as legal guardian of this participant, I have read and fully understand each of the following conditions for permitting my child to participate in any USRowing recognized or sanctioned event, and I accept each of the conditions below, especially the waiver and release set forth in paragraph one. I also verify that my child has read and agreed to the terms in the Code of Conduct below.

ACCEPTANCE OF THIS WAIVER IS REQUIRED FOR ACCEPTANCE OF MEMBERSHIP IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and regatta regattas, during the policy term 12/31/15 - 12/31/16, for 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.

Parental Consent*

I understand and agree to the terms of this waiver.

Submit

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- k. Click “No” on the Anti-Doping Compliance page unless you plan to have your child compete on the national level. Either way, tell your kid to not do drugs. Click Submit;

The screenshot shows the 'Anti-Doping Compliance' page on the USRowing website. The progress bar indicates Step 4 'Consent' is active. The form contains the following text:

Anti-Doping Compliance

I plan to compete in a USRowing National Team selection event. This includes any National Team Selection Camp and Trials for the Senior, Para-, Under 23, and Junior World Championship Teams.*

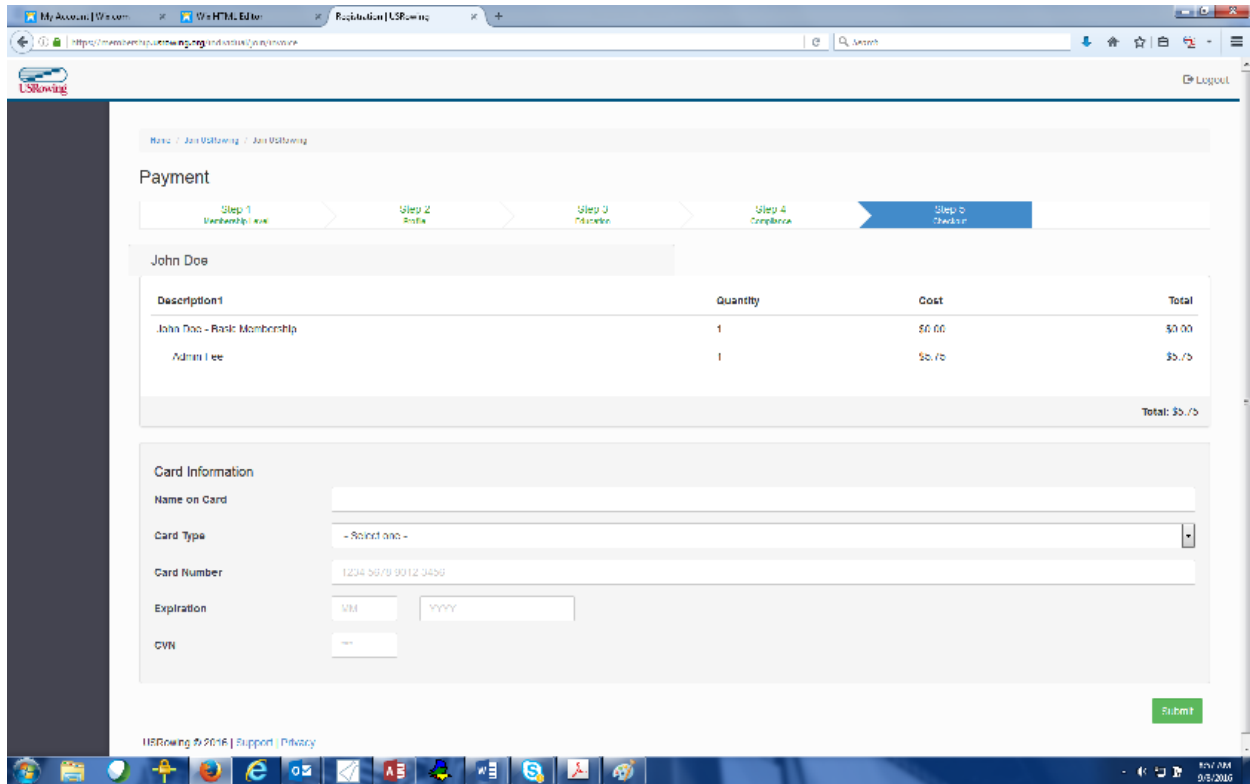
Yes

No

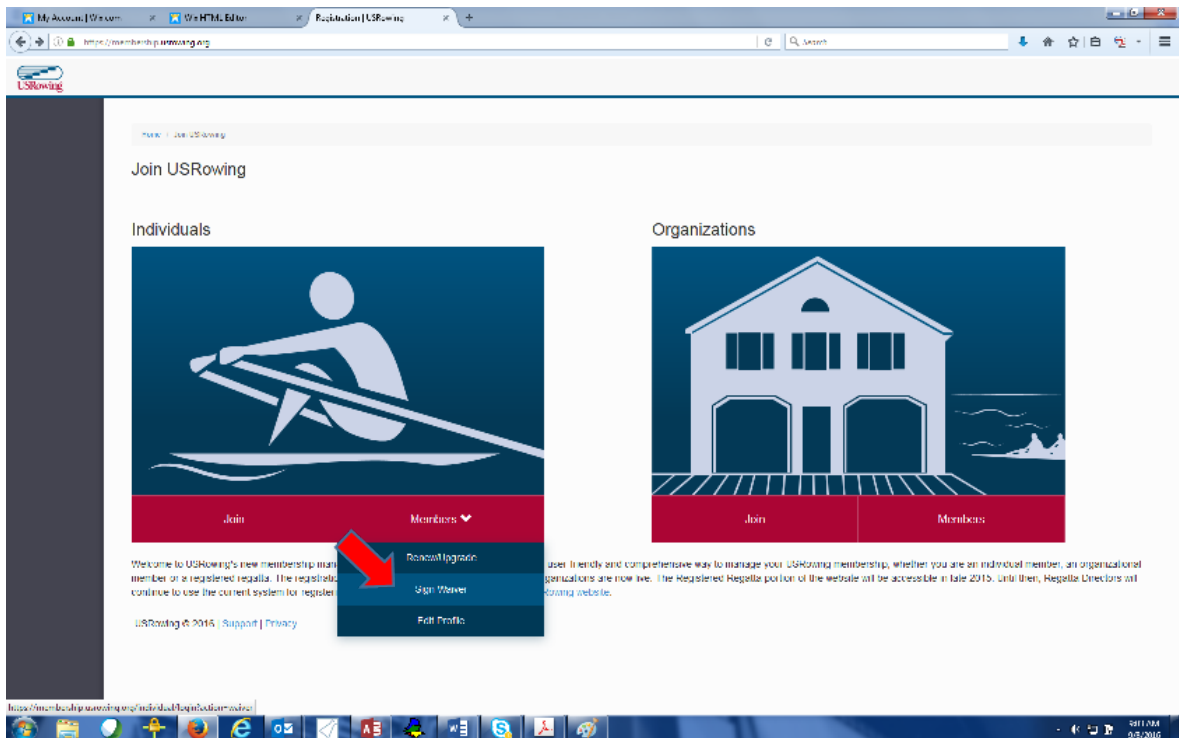
Submit

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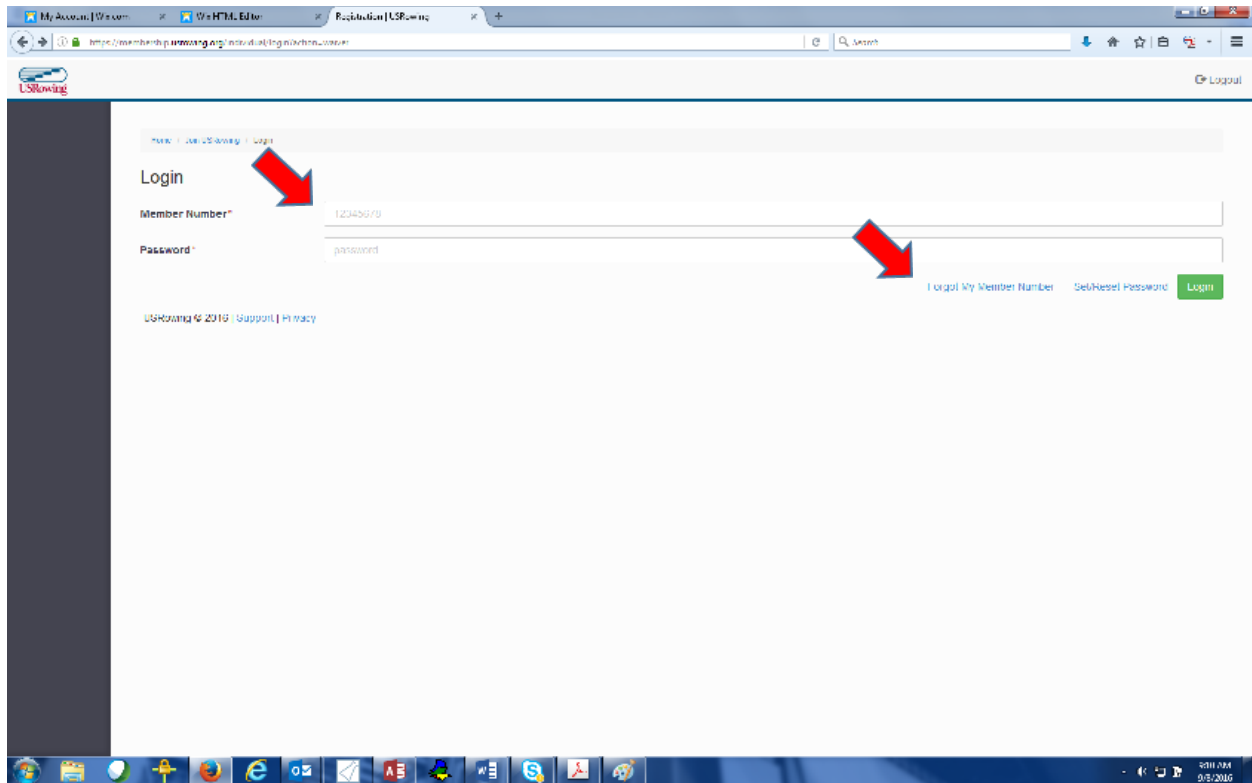
- I. There is a \$5.75 administration fee for the membership. Fill out your credit card information on the next page and click Submit;



5.
 - a. If the rower is already registered with US Rowing, and it has been over a year since you signed the waiver, select Sign Waiver, under the pull down menu of the Members Button;



- b. You will have to login with the rowers member number and password on the next page. If you forget this information click on “Forget My Member Number” and follow the directions.



- c. Follow the direction from there to sign waiver.