

Forest Hills Central Crew

Annual USRowing Waiver Instructions (returning team members)

The USRowing waiver must be completed on-line by each rower (or their legal guardian for minors) in the 2010 calendar year.

How does this process work?

When an athlete enters the Roster Code and their last name, the system will attempt to locate their record in the roster. If it is located they'll be prompted to submit their waiver and receive their free, non-privileged USRowing Membership ID.

Instructions

1) Go to the “Regatta Central” website

<https://www.regattacentral.com/athletes/>

2) Enter the FHC Roster Code (FHC Roster Code: PN-315668)

3) Enter your last name

4) A list of names will appear - select your name from the list

5) You will be asked if you have a current or previous US Rowing Membership number - select “no or unsure” – click the “next” button to proceed to the registration page.

6) Enter your birthdate, address, etc.

7) Read and submit the waiver (**if you are under 18, your parent or guardian must complete and submit this application with you**)

8) You will be issued a “USRowing Membership ID” – please print this page, or, write this number down and save for future reference

IMPORTANT: Waivers must be submitted by the athlete or their legal guardian. (Coaches are not permitted to submit a waiver on a rower's behalf)

Forest Hills Central Crew

Annual USRowing Waiver Instructions (first year/novice team members)

The USRowing waiver must be completed on-line by each rower (or their legal guardian for minors) in the 2010 calendar year. (*This waiver is required by USRowing for all athletes attending USRowing-registered regattas.*) USRowing is a nonprofit organization recognized by the United States Olympic Committee as the governing body for the sport of rowing in the United States.

How does this process work?

When an athlete enters the Roster Code and their last name, the system will attempt to locate their record in the roster. If it is located they'll be prompted to submit their waiver and receive their free, non-privileged USRowing Membership ID. Novice rowers will have the opportunity to add their name to the roster, and receive a membership ID.

IMPORTANT: Waivers must be submitted by the athlete or their legal guardian. (Coaches are not permitted to submit a waiver on a rower's behalf)

Instructions

1) Go to the “Regatta Central” website

<https://www.regattacentral.com/athletes/>

2) Enter the FHC Roster Code (PN-315668) and your last name; click the “begin” button

3) The system will attempt to find your name – you will probably get a message that says “*no athlete records were found with the last name provided*”. If you have a sibling on the team, their name may appear. In either case, select the “click here to proceed” option.

4) You will be asked if you have a current or previous US Rowing Membership number - select “no or unsure” – click the “next” button to proceed to the registration page.

5) Complete the information page: Name, Address, Birthdate, etc.

6) Read and submit the waiver (if you are under 18, your parent or guardian must complete and submit this application and waiver with you).

7) You will be issued a “USRowing Membership ID” – please print this page, or, write this number down and save for future reference

IMPORTANT: Waivers must be submitted by the athlete or their legal guardian. (Coaches are not permitted to submit a waiver on a rower's behalf)