

MRA Program Participation: Athlete Agreement

This declaration must be agreed to by all athletes wishing to participate in Manitoba Rowing Association Programming

Participation is undertaken with the goals of the MRA High Performance Program in mind. Associated fees and assessments will be the responsibility of those participating in said programming.

- 1 I hereby declare that I have read and fully understood the Manitoba Rowing Association ***Athlete Agreement*** and ***Code of Conduct***, and agree to abide by the terms herein.
- 2 I agree to complete and file with Manitoba Rowing Association the required ***Emergency and Medical Information and Consent Form*** on the RegattaCentral.com website.
- 3 I agree to ensure that I carry adequate health/medical insurance coverage, and that I will be responsible for any costs for medical treatment not covered by my insurance.
- 4 I agree to complete a medical physical exam, preferably with a full blood battery
 - a This is to detect any pre-existing or unknown medical conditions or metabolic issues.
 - b Athletes are encouraged to check their existing health coverage for physiotherapy, massage, psychological and nutritional support and to obtain a doctor's prescription if necessary.
- 5 I agree to abide by the rules, bylaws, regulations, and/or laws of Manitoba Rowing Association, Rowing Canada Aviron, the province of Manitoba, Canada, any host jurisdictions, and host venues.
- 6 I agree to a \$500 fundraising obligation as part of MRA fundraising activities.
- 7 I agree to purchase a team equipment (i.e. clothing, etc.) package.
- 8 I agree to purchase a heart rate monitor at my own expense.
 - a I agree that I am responsible for monitoring my own progress using the HR monitor and ergometer data in conjunction with the coaches' prescribed training program.
- 9 I agree to complete a functional movement screen at my own expense.
 - a This can be arranged through the coaching staff and will be completed at the Sport for Life Centre at 145 Pacific Avenue.

10 I agree to submit quarterly RADAR test scores to RCA.

11 I agree to check the new MRA website (<http://rowingmanitoba.ca/>) for up-to-date information.

Additional documents to be completed and/or agreed to:

- 1 MRA Code of Conduct
- 2 MRA Parental Code of Conduct (if under 18)
- 3 Emergency medical information and consent form