

Instructions for online USRowing Insurance Waiver:

STEP 1: Insurance Waiver via US Rowing, \$7.75

Returning Rowers who are already Members of USRowing (First-time members, scroll down):

Go to <https://membership.usrowing.org>

Click the "Members >" button in the "Individuals" box bearing the image of a rower.

Select "Sign Waiver".

Fill in your USRowing member number and password. If you don't remember them, use the "Forgot My Member Number" and/or "Forgot Password" links at the bottom.

For Membership Type, choose "Basic Membership – Free (Admin Fee - \$7.75)".

Update your rower's member information.

Pay the \$7.75 Admin Fee when prompted.

Upon completion you should see a green check mark over the word "Waiver" in the left margin. You do not need to worry about the yellow "Anti-Doping" triangle.

Logout of the USRowing website.

First-Time Members to USRowing

Go to <https://membership.usrowing.org>

Click the "Join" button in the "Individuals" box bearing the image of a rower.

Enter your rower's information and enter "Hylton Crew" in the Club or Team Name search box.

Select "Hylton Crew" as your home team.

When prompted for your Club Code, enter Club Code: "NRU4L".

Click the green Search button at the bottom of the page.

Acknowledge the Parental Consent popup by clicking "Yes".

For Membership Type, choose "Basic Membership – Free (Admin Fee - \$7.75)".

Set your USRowing password and enter your rower's information. You will need this password and your USRowing member number in the future.

Answer the Rower Education questions to the best of your ability.

Complete the online waiver.

Select "No" to the question about competing in a USRowing National Team Selection Event. You can update this later if your rower is selected to compete in one of these events.

Pay the \$7.75 Admin Fee online when prompted.

Upon completion you should see a green check mark over the word "Waiver" in the left margin. You do not need to worry about the yellow "Anti-Doping" triangle.

Logout of the USRowing website.