



REGISTRATION INSTRUCTIONS

1. Complete the [Registration Form](#)* and print out one copy.
2. Complete the [Naiades Waiver Form](#) and print out two copy.
3. Sign the [USRowing Membership Waiver](#).
4. Fill out the [Naiades Medical Form](#) and print two copy.
5. View the [safety video](#). It MUST be completed before your first night on the water each year.
*NOTE your date of completion on your registration form.

YOU MUST BRING COMPLETED FORMS WITH YOU TO THE FIRST PRACTICE.

6. Mail check payable to Naiades Oncology Rowing to P.O. Box 22661, Rochester, NY 14692 OR bring it with you on the first day. **PAYMENT IS DUE ON OR BEFORE THE FIRST DAY OF THE SESSION.**
7. Naiades Oncology Rowing uses Google Sheets to schedule our rowing nights.
 - You will be able to sign yourself up for each rowing practice.
 - You are responsible for updating the sheet about your availability no later than 24 hours in advance or by 6:00 PM the day before the row. **YOUR TEAM IS DEPENDING ON YOU !** The number of rowers in the boats MUST be determined in advance so be mindful of how your schedule changes will affect your teammates.
 - The link to the calendar will be emailed to everyone on our email list. We will discuss this at our first meeting.
 - Directions for signing up are on the Google sheet.
 - We post schedules two weeks in advance so visit the page often to look for updates.

CANCELLATIONS:

Last minute (same day cancellations) **ONLY** should be called in to **Judy Belle-Isle at 585-281-1211.**

PLEASE PUT HER NUMBER IN YOUR PHONE!!!

If a row is cancelled due to weather, it will be posted on google sheets as soon as possible. If you are wondering about conditions, please check the site.

Cancelled rows will be made up on days designated as "make up rows" on the calendar.