## Steps to Become USRowing Compliant

Dear Athletes and Parents.

In preparation for competition, we want to ensure everyone has updated their USRowing Membership and signed their online waiver. All membership activities will be completed through USRowing's Membership Portal.

https://membership.usrowing.org

## Membership/Waiver:

Athletes and parents will work on the 'Individuals' side of the portal. If this is your first USRowing membership, you will need to join and set a password for yourself. You will need it to set up a new account. Set up a new account with an unique email address. If you have multiple athletes, each athlete account should have its own email. As you sign up, you'll be asked to join a club. Just look for Glastonbury High School Crew and input the club code, 4JSQV, to join. It will cost \$25 per athlete for the first year and then \$20 annually thereafter.

Rowers who already have a membership will log in by clicking on Log In'. Once logged in, you will see your membership profile. If you don't remember your <u>Member #</u> DO NOT create a new account. Either use the Find My Member Number or reach out to Coach Connor at <a href="mailto:postj@glastonburyus.org">postj@glastonburyus.org</a>.

You will be able to sign your waiver and pay the membership fee once you are logged in. With a membership and an online waiver signed, you are ready to compete! There is no need to print out forms or send confirmation to coaches. If you don't know if you are cleared, please reach out to <a href="mailto:posti@glastonburyus.org">posti@glastonburyus.org</a>.

Thank you, Coach JP