

# Instructions for online signing of **TWO** required waivers

## **1. How to sign your USRowing (Ronin Racing) online waiver**

1. Go to <http://www.signyourwaiver.com/>
2. Click on athletes, then the “sign a waiver” button
3. Click on either Junior male or Junior female
4. Fill out information section then click “continue”
5. Click the drop down arrow and choose “Mount Vernon High School” for your affiliation
6. Under Coach/Team Representative type in [mvcrewwaivers@hotmail.com](mailto:mvcrewwaivers@hotmail.com)
7. Type in Crew Coaches under Coaches/Team Representative name then click “continue”
8. Read liability waiver (if you are 18 or older) or have your parent read (if you are under 18). At the bottom of the form click on the box in front of the statement saying you understand this agreement. Click continue to complete your waiver signing.

If you do not have a Ronin Racing account, you will get an email welcoming you to Ronin Racing and assigning you an account on their site. You don't need to do anything else.

You will also get an email from Rowingwaivers.com thanking you for your waiver application.

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## **2. How to sign your Stotes (Regatta Central) online waiver:**

1. Go to <https://www.regattacentral.com/athletes/>
2. Enter Roster Code **KH-813093**
3. Enter your last name.

**IMPORTANT:** Waivers must be submitted by the athlete (if 18 or older) or their legal guardian (if under 18). Coaches are not permitted to submit a waiver on a rower's behalf.

4. You will be asked-“Do you have a current or previous individual USRowing Membership ID?” Choose No (or unsure) if you do not have an individual membership and click “next”
5. Fill in your information and click “submit”. Once submitted, you will receive a free, non-privileged USRowing Membership ID number via email (Required beginning in 2008 for all USRowing-registered regattas)
6. Your waiver will automatically be added on the Mount Vernon Crew Coaches' roster
7. If your name did not appear on the roster, the system will automatically add it.