



**A community partnership between
Heart and Stroke Foundation & the Kitchener-Waterloo Rowing Club**

Row for Heart

Row for Heart is a partnership between the Heart and Stroke Foundation (HSF) and the Kitchener Waterloo Rowing Club (KWRC). The pledges raised from the Regatta support the Heart and Stroke Foundation in its mission to fund vital heart disease and stroke research and health promotion initiatives within Waterloo Region. Your registration fee is provided to KWRC to support equipment and facility maintenance, while providing you with support from coxies throughout the program.

Row for Heart is a 9-week “Learn to Row” program that includes a Recreational Regatta taking place on Saturday August 11, 2012. Lessons are at the KW Rowing Club on King Street, across from Freeport Hospital.

Lessons

Prior to starting on-water lessons, participants are required to attend a **mandatory** orientation on **June 12 or June 13** (see next page). On-water lessons occur once a week for each team and will begin the week of June 18, 2012 and will continue until the week of August 6, 2012. The last day of lessons is August 9. The lesson schedule is as follows:

Tuesday	5:30 pm – 7:10 pm	OR	7:10 pm – 8:50 pm
Wednesday	5:30 pm – 7:10 pm	OR	7:10 pm – 8:50 pm
Thursday	5:30 pm – 7:10 pm	OR	7:10 pm – 8:50 pm

Lessons times are scheduled on a first come, first serve basis. Your preferred lesson time cannot be held without the full payment of the registration fee. To provide you with a positive rowing experience, a minimum number of program participants are required. If we do not reach the minimum by May 20, 2012, the program will be cancelled. Should this happen, the KWRC will be in touch to make alternate arrangements.

Fee

The cost to participate is **\$212.39 + \$27.61 (HST) = \$240.00** per person. Fees include a **mandatory** orientation session (June 12 or 13) plus 8 weeks of lessons, a participant pack and entrance to the Row for Heart Regatta. Registration fees can be paid by cash or cheque (payable to the KW Rowing Club). Cheques returned for insufficient funds (NSF) will be subject to an additional \$25.00 administrative processing fee. This processing fee is in addition to any fees charged by the bank.

All participants are asked to raise a minimum of **\$100** in pledges to support the Heart and Stroke Foundation.

Registration

The deadline for registration is May 20, 2012. You may register individually or as a team of five individuals. All registration forms and payments must be sent to the **Heart and Stroke Foundation, 2-1373 Victoria Street North, Kitchener ON N2B 3R6**. Please do not mail cash. **For those who choose to hand-deliver these items**, the office is open between 8:30 am to 5:00 pm. There is a mail slot for after-hours submissions.

When registering a team, each member of the team **MUST** complete an individual registration form. If submitting one cheque as payment, please include the names of all team members on the back of the cheque.

Row for Heart Regatta

The Row for Heart Regatta is scheduled for Saturday August 11, 2012 at Laurel Creek Conservation Area. All participants are expected to participate in the regatta and are asked to collect pledges in support of the Heart and Stroke Foundation for Regatta Day. Registration begins at 6:30 am and the races will get underway at 9 am. All participants will receive thank you prizes based on their fundraising efforts, in addition to team awards.

**For more information, please contact:
Kathy Ziegler at the Heart and Stroke Foundation
519-571-9600 or kitchenerrowforheart@hsf.on.ca**



2012 Row for Heart REGISTRATION FORM

Send your registration to: Heart and Stroke Foundation
2-1373 Victoria Street North, Kitchener ON N2B 3R6

Registration deadline: May 20, 2012

Registration fee: \$240 per person, payable to KW Rowing Club

Name: _____ Email: _____

Address: _____

City: _____ Postal Code: _____

Daytime Phone: _____ Evening Phone: _____

Date of Birth (DD/MM/YYYY): _____ Gender: Male Female

Emergency Contact Information:

Name: _____ Phone: _____

Please complete the following:

- Yes, I am able to swim 100 meters (300 feet). Height: _____ feet/inches
 Yes, I weigh less than 250 lbs. centimeters
 Yes, I can lift 45 lbs above my head.
 I have completed a Row for Heart program in the past. **OR** I'm new to the sport of rowing.
 I am registering as an individual. Please assign me to a team based on:
 Age **OR**
 Experience → new rower have rowed in the past

I am registering as a member of a team. My team members are:

1) _____ 2) _____
3) _____ 4) _____

1st Choice of Lesson Day / Time: _____ 2nd Choice of Lesson Day / Time: _____

I will attend the orientation session at 7:00 pm on: June 12, 2012 June 13, 2012

I am registering for Row for Heart for the primary purpose of: Fun Physical Activity Competition

How did you hear about the Row for Heart Program? (Please check all that apply.)

- Poster KWRC website Outdoor advertising Leisure Guide
 Friend Other – please specify: _____

Additional Notes:

- All cheques for registration fees are to be made payable to the *Kitchener Waterloo Rowing Club*. Cheques that are returned for insufficient funds (NSF) will be subject to an additional \$25.00 administrative processing fee. This processing fee is in addition to any bank charges.
- Payment in full **must** accompany your registration form. Cash payments should be brought directly to the Heart and Stroke Foundation office on Victoria Street North. All fees must be paid in full prior to utilizing the facilities.
- Any registrant of the Row for Heart program wishing to withdraw and receive a full refund must provide a written request via email to the Treasurer of the Kitchener Waterloo Rowing Club (treasurer@kwrowing.ca) within 9 days of the registrant's first session. Requests received after 9 days will be provided with a credit that can be used toward any program the KWRC offers. The credit amount will be prorated for the length of time the participant spent in the Row for Heart program before withdrawing.

Privacy Policies

Kitchener Waterloo Rowing Club

We collect and use your personal information primarily for the purposes of providing you insurance and registration with the KWRC, RowOntario and Rowing Canada Aviron, receiving KWRC quarterly newsletters and other communications related to KWRC activities. We neither sell nor share your information with people outside the above-mentioned organizations.

This information will be retained through the 2012 registration period and in compliance with the Personal Information Protection and Electronic Documents Act (PIPEDA) and Rowing Canada Aviron's Privacy Statement.

HSF Privacy Statement

We are committed to protecting the privacy of your personal information. We may maintain a record of your interaction for donor-related, promotion and tax receipting purposes, where required. Occasionally, we may contact you with mission-related communications. If you wish no further contact or have any questions or concerns regarding the privacy of your personal information, please contact the Chief Privacy Officer, at your provincial Heart and Stroke Foundation office at 1-888-HSF-INFO (473-4636) or through www.heartandstroke.ca/privacy.

Waiver and Release of Liability

My signature below indicates my understanding of the "Learn to Row" program requirements and refund policy. Furthermore, my signature hereby releases the Kitchener Waterloo Rowing Club (KWRC) and its officers, coaches, trainers and volunteers from any injury, losses or damages I sustain:

- as a result of my association with the KWRC
- while traveling to and from the KWRC
- while traveling to and from regattas or events with or for the KWRC

I agree to abide by KWRC's rules and regulations. (Rules and regulations will be provided upon request.) I certify that I am a competent swimmer and that I am in good health and able to withstand the physical demands of the rowing program for which I am applying.

The KWRC has my permission to take my photograph and to use it for marketing and/or promotional purposes.

The KWRC does NOT have my permission to take my photograph.

Name (please print): _____

Signature: _____ Date: _____

For Office Use Only:

Rec'd: _____ Confirmation: _____ Lesson Time: _____

Payment: _____ Orientation: _____ Comments: _____

HST Registration#: 867179921RT0001