

ANNUAL PARENTAL CONSENT FORM ROWING ACTIVITIES (non-residential)

2016 - 2017 Season
J16 – Seniors



Registration for rowing is in two parts:

- 1) Please complete the online form. If you have more than one daughter registering for the boat club, you will need to complete the form again as each daughter will need a separate online application. It can be found on hsobc.co.uk/hsobc or the joining tab of the HSOBC page.
- 2) Please complete **this** ANNUAL PARENTAL CONSENT FORM ROWING ACTIVITIES (non-residential) 2016 - 2017:
 - a) Sign and date all parts of this registration document.
 - b) If your daughter is J14 to Senior, we will also require a photocopy of her passport. This is use when going on overseas trips and for GB trials.

We would be very grateful if you could complete and return this form by the **1st September 2016**. *If your daughter is a current member of the boat club, this consent form must be completed and it will replace the existing consent form.* Rowing application is in two parts:

Please note that this document is printed on both sides and all sections will need to be completed.

Name of student:	D.O.B	Year group:
Name of parent/legal guardian completing this form		
Has your daughter rowed before? Yes / No. If your daughter is new to the school and you have answered yes, please specify what she has done (Canoeing / Kayaking / Sailing) does not count):		

Online Application form: This can be found on <http://hsobc.co.uk/hsobc> (Joining tab).

I confirm that I have complete the online form which outlines important information for my daughter.

Parent/Guardian signature.....

Date.....

Fees:

I understand that there is a termly fee **£275** for U4s to U6th form rowers and coxes (This fee excludes race entries, kit and GB trials). I understand that a half term's written notice should be given to the Head of Rowing if my daughter wishes to stop rowing. This is defined in the Headington School Oxford Ltd terms and conditions as the end of the first day in the term proceeding the term in which she wants to stop rowing. Therefore should your daughter wish to stop rowing in her next academic year, the notice would have to be given by the end of the first day of the proceeding summer term.

Please note that the fees stated above are termly fees. U3 and L4s pay the full termly fee for all terms in which there is rowing as this is averaged out over the year. Please note, no refunds are available if your daughter rows in that term.

Signed.....

Printed name.....

Relationship to student.....

Date.....

Although regrettable, there are occasions when it may not be possible to accommodate persons with particular or extensive conditions or special needs in some activities since their health and safety may be placed at unacceptable risk. In such cases the decision of the Head is final.

Please turn page over

SCHOOL - CODE OF CONDUCT

All students are required to accept and conform to the code of conduct. Parents must also agree the code and accept that any breaches may result in sending a student home early or back to school by arrangement with the group leader and with the cost met by the parent.

- Students are expected at all times to listen carefully to instructions and act cooperatively.
- Students must listen carefully to all safety notices and obey without question the instructions.
- Students are expected to behave in a manner that causes no offence to the public, opposing teams or to other members of the group.
- Students are expected to look after their possessions carefully and to make sure they are dressed in accordance with boat club rules for racing and training.
- If a medical emergency occurs students should accept the advice and treatment given by staff or others they have consulted professionally.
- Possession of any medication must either be reported to staff or handed to the teacher in charge of first aid. If a student falls ill during the event they must report to a member of staff as soon as possible.
- No smoking, alcohol or illegal drugs are allowed. Any student found in possession is likely to be sent home at the expense of the parents. This includes non school / boat club trips where my daughter represents Headington (Great Britain Rowing).
- All students must arrive at the pre-arranged meeting places at the correct times. Failure to do this may cause emergency procedures to be invoked and it will be regarded as a serious offence. Some short periods of time may be used for unsupervised activities as detailed in the information sent to parents about the event. Students must comply with the rules laid down, keeping with their group at these times.

ROWING CODE OF CONDUCT - STUDENTS

All rowers are required to accept and conform to the code of conduct. Any breaches may result in sending a student home early or back to school by arrangement with the coach and with the cost met by the parent. Breaches may also result in exclusion from the boat club:

- To uphold the good name of the school, while demonstrating appropriate sporting conduct.
- To follow the instructions of coaches and captains to the best of one's ability.
- To show consideration for opponents, team-mates, umpires and spectators.
- To remember that, as part of a team, the interests of team-mates and the club must come before self-interests.
- To be loyal to team-mates by not being absent from practices and regattas wherever possible.
- Not to abuse club equipment, which may lead to a suspension from the club, or if necessary, expulsion with the forfeit of membership fees.
- To be punctual for regattas and transport; to excuse oneself from the coach or Director of Rowing when ill or injured; and to telephone the coach if there is a serious problem. Girls who will be missing water sessions need to give five full days notice (where possible) so equipment, crews and sessions can be planned.
- To wear the appropriate Headington kit for headraces and regattas.
- To refrain from any comment or action that may challenge the authority of a referee, umpire, teacher, coach or parent in charge.
- To thank officials, coaches and parents who helped after regattas or after coaching sessions.
- To accept defeat gracefully, without excuses; to congratulate opposition and to be modest in victory.
- To attend the number of sessions that have been set out for each squad.
- **To stay with the boat in the event of a capsize (it is a floatation device).**
- I understand that should my attendance fall below that which is required by the boat club, the boat club reserves the right to terminate my membership.

ROWING CODE OF CONDUCT - PARENTS

- Please ensure that your daughter adheres to the "rowers' code of conduct".
- At regattas or head races, to accept your daughter's defeat gracefully and her successes modestly.
- Girls must focus on all aspects of their development at Headington while bearing in mind that one cannot take part in every activity. To this end, parents are asked to ensure that in the lead up to major events, their daughters attend sessions.
- To respect and support the Head of Rowing and all duly appointed rowing coaches as they run the boat club in the best interests of the School; to support their decisions in crew selection; to support fellow rowing parents and act within the spirit of the boat club.
- Refrain from open or public criticism of Headington School Oxford Boat Club or any staff member, coach, rower or crew, knowing that all complaints or suggestions can be taken to the Head of Rowing who will take the appropriate action. Knowing that open and public criticism may lead to your daughter's expulsion from the boat club.
- Respect the procedures, practices, rules or discipline as laid down by the British Rowing, the Head of Rowing and coaches.
- Girls will have certain responsibilities with regard to care of boats and equipment (boat loading and unloading) which necessitates a commitment before and after regattas and head races.
- Ensure your daughter remembers that as part of a team, the interests of team-mates and the club must come before self-interests.
- To respect coaches' free time. To that end, not to contact coaches outside of office hours.
- I understand that it is my responsibility to ensure that my daughter adheres to the attendance requirements of the boat club.

I have read and agree to adhere to the above codes of conduct.

Parent/Guardian signature.....

Student's signature.....

Date.....

Please turn page over

CONSENT – Pg 1 of 2.

I wish to register my daughter as a member of the Headington School Oxford Boat Club (HSOBC) for the remainder of this academic year (2016 - 2017).

I agree to my daughter.....(name) taking part in this sports activity and agree to her participation in any or all of the activities that may occur during rowing and training. This includes rowing head races, regattas, training and boat club events (this includes day trips during the school day / term and over holidays).

1) I understand and accept that in signing this form I am making a commitment to ensure that my daughter attends rowing sessions in conjunction with the attendance requirements of the club. I also understand that training may occur at the School, Godstow (out of the St Edward's Boat Club), Dorney Lake, or any other Rowing Club/Training Venue within Great Britain. I agree to my daughter missing school on the following days:

- a) The Schools Head of the River Race (Thursday 23rd March 2017): J15s to J18s.
- b) The Scullers Head of the River Race (Friday 24th March 2017): J14s to J18s.

2) I understand and accept that rowers do occasionally fall into the river. I understand that my daughter will need to take part in a capsize drill and swimming test in the swimming pool before she can begin rowing. I, and my daughter understand that **in the event of a capsize she must stay with the boat** (refer to <http://hsobc.co.uk/safety>).

3) I realise that the coaching staff do not send people out in conditions that are dangerous or unsuitable. I understand that older (J15s to Seniors) girls may go out on amber or red flag. I understand that a full risk assessment is done by coaches prior to this to ensure that it is safe to go out on the water (a copy of this can be found on <http://hsobc.co.uk/safety> on the risk assessments and safety document).

4) I understand and accept that once my daughter is suitably competent there are times when she is under only remote supervision at the river.

5) I understand and accept that my daughter may be involved in land-based training. Copies of risk assessments for the following activities are available from the Head of Rowing or at <http://hsobc.co.uk/safety>. This training involves:

- c) Weights (J15s-Snrs) and circuit training for Novices to Seniors (under staff supervision).
- d) Ergometer and other cardiovascular training on machines or equipment.
- e) Running for all age groups. I do understand that J15s to Seniors may be required to run outside of the school grounds.
- f) Swimming (all age groups) under staff supervision.
- g) Games such as team building exercises.

6) I understand and accept that it may be necessary for the Coaches to take some measurements of my daughter on a regular basis and that this information will be kept by HSOBC in the strictest confidence. I realize that this information is only to be used to monitor the health and development of my daughter for her training and rowing. Should your daughter wish to trail for Great Britain, England or the J16 GB vs France Match coaches will need to submit this data to the National Rowing Federation. I understand that the National Rowing Federation may conduct random drugs tests as a requirement for Drug Free Sport. This will however be under the supervision of a Headington member of staff.

7) I understand and accept that if my daughter starts racing, she may be involved in races at various locations both locally and further afield and that races may be on rivers or lakes. I understand and accept that the coaching staff cannot individually supervise my daughter all the time at these events and my daughter will therefore need to act sensibly and responsibly (in accordance with the safety guidelines and codes of conduct set out by the boat club).

8) I understand that some items of racing kit are compulsory. (Club kit is a rule of racing as specified by the British Rowing). I understand that once she starts racing, some items of racing kit will need to be purchased to comply with BR regulations. I understand that these events and items of kit are outside the scope of the termly fee and will be charged to the school bill. I also understand that my daughter may be prevented from rowing if she has unsuitable kit.

9) I understand and accept that members of the coaching staff record video footage of crews rowing and that this is used for technical video analysis. I understand and accept that photographs of HSOBC rowers will be used on the HSOBC web site and other promotional material.

10) I agree to my daughter receiving any and all emergency treatment, including anaesthetic and/or blood transfusion, as may be considered necessary by the medical authorities in attendance should the need arise.

11) All members of the boat club are covered by the British Rowing's membership which covers them for civil liability and personal accident insurance. A copy of this policy is on the British Rowing website.

12) I am aware that the school has a detailed policy on the safe running of educational visits which I can obtain from the school and the boat club. I understand that there can be no absolute guarantee of safety, but appreciate that the leaders of the activity retain the same legal responsibility for students as they have in school and will do everything that is reasonably practical to ensure the safety of everyone on the activity. I understand that whilst the school staff in charge will take all reasonable care of the students they cannot necessarily be held responsible for any loss, damage or injury suffered by my daughter which occurs as a result of this activity.

13) I am aware that the Boat Club has a Selection Policy for: (1) Those who wish to row at Headington School, (2) The April Rowing Camp (3) Overseas tours. I have read the selection policy and I understand that the boat club reserves the right to exclude/include members based on the professional judgements and criteria set out by the boat club. I understand that this selection policy is necessary in order to ensure that the club maintains the safe operational capacity and by signing below, I agree to allow my daughter to participate in the selection requirements.

These can be found on the web page <http://hsobc.co.uk>

I have read and agree with the above consent form:

Parent/Guardian signature.....

Date.....

Please turn page over

CONSENT – GB Trials and training days (Residential and day events):

2015 - 2016

This section is only valid for J15s to J18s.

Please note, cut off times exist for those who wish to attend the GB trials:

- 1) J16s to J18s who wish to attend the Coupe or World Junior Championships will need to read the selection policies which outline the criteria for selection. These are available on the British Rowing website.
- 2) J15s and J16s who wish to attend the GB vs France match will need to have met the following ergo times: 7:50.0 (J15s) and 7:45.0 (J16s) to be considered for trials.

I wish to register my daughter to trial for the GB squad should she meet the necessary ergometer and water based performance targets set out by GB rowing and the Head of Rowing for the academic year.

I agree to my daughter.....(name)

attending the following events should she be invited (Please note dates are subject for change):

18th – 19th November 2016	Early Identification trials: 5km	J16s to J18s.	Boston Lincolnshire.
4 th December 2016	GB Training Day	Invitation only. (TBC)	Caversham / Dorney Lake.
11th – 18th December 2016	GB Worlds Potential Camp	Invitation only.	Nantes - France
5th February 2017	GB Training day.	Invitation only. (TBC)	Caversham / Dorney Lake.
17th to 19th February 2017	GB February Trails.	J16s to J18s.	Boston Lincolnshire.
21st – 24th March 2017	GB Spring Assessments	J16s to J18s.	Nottingham.
23rd April 2017	GB Small Boats Regatta	J16s to J18s	Dorney Lake.
25th June 2017	GB vs France Trials	J15s to J16s	Nottingham.
6th – 10th July 2017	GB Final Trials	J16s to J18s	Nottingham or Caversham (TBC)

Note: That any additional training days / GB events are listed on the calendar. The above listed in **Bold** are events that GB requires all invited / qualified athletes to attend – These date are all TBC by British Rowing, Headington School has no control over the scheduling of GB events or any changes to previously published times and dates.

I understand and accept that:

- 1) The GB chief coach, and ultimately the Head of Rowing, have the final say in the decision as to my daughter attending the trials.
- 2) As a member of Headington School Oxford Boat Club, that all Headington events take priority over GB training days, camps and events including those where international selection may be involved.
- 3) Training days and events come at an additional cost and that these will be charged on the next school bill.
- 4) GB parental consent forms are needed for some of these events.
- 5) Ultimately the signed Code of Conduct applies to all GB trips and supersedes all GB Parental Consent forms. Girls must refrain from acting in a manner that may bring the school into disrepute.
- 6) I understand that once at trials, HSOBC coaches have no control over the selections or trials process.
- 7) GB trials are residential and may be an additional cost to the school bill.

I have read and agree with the above consent form:

Parent/Guardian signature.....

Date.....

Please turn page over

July 2015

Dear J15 to J18 Parents and Guardians,

Lactate, Haemoglobin and Hydration Testing for Headington School Boat club

During the last five years, sport science staff and supervised postgraduate students at Oxford Brookes University have provided a range of sport science and sport nutrition support to Headington school rowers. For example, we have measured the hydration status of rowers before training (urine sample analysis) and evaluated the nutritional quality of rowers' diets. This year, Headington have employed a qualified sport physiologies who will also run these tests.

This year we are able to offer three tests to a select group of Headington School rowers.

1) Blood lactate testing

This is the same test that the GB rowers would use. The lactate testing procedure lasts approximately 30 minutes. Using a Concept2 rowing machine, each rower completes 6 x 4 minute exercise stages with a one-minute rest between each stage. The first stage requires light intensity rowing and subsequent stages are performed at higher intensities until maximum effort is achieved (on the sixth stage). Heart rate is monitored continuously using a standard wireless heart rate transmitter. During the one-minute rest, a small drop of blood (~20 µl) is obtained from the rower's earlobe using a sterile lancet (single use) and the blood lactate concentration is immediately analysed. The blood sample collection is not painful and feels like a small nip on the earlobe. Lactate testing is a routine procedure in sport science settings and we have previously completed this test with hundreds of athletes (including other school girl rowing teams). A helpful video that shows how lactate testing is conducted (using a similar procedure with an elite runner) can be viewed online at <http://www.youtube.com/watch?v=8d4NPZNLNo>

2) Blood Haemoglobin

The Blood Haemoglobin test have been done since 2009-2010 season and proved to be useful when looking at blood haemoglobin levels and could be used to advise girls on their iron levels that affect haemoglobin in the blood.

3) Hydration test

This test has been done since the 2009-2010 season when the first eight had this test shortly before a training session. The few of the rowers were found to be dehydrated which ultimately affects performance.

The results of this procedure will provide information to individual rowers about their fitness improvements and will be used to set appropriate training intensities in order to maximize training effectiveness as well as reducing the risk of injury and overtraining. Furthermore, these results from this club specific test will be fed back by Dr Charlie Simpson when he talks to the rowers in the autumn.

Participation in these tests are optional and not a required part of Headington boat club training. Your daughter is free to abstain from this test procedure entirely or to discontinue participation at any point during the procedures without need to give reason. The results are treated as confidential material and will be provided to your daughter and Headington School rowing coaching staff within two weeks of completing the test. Brookes have offered these tests to Headington School as part of a voluntary sport science support service to local sports teams and as part of on-going learning activities for our MSc in Applied Sport and Exercise Nutrition. The data is not being collected for any research activity.

If you are happy for your daughter to participate, then please sign and return the attached consent slip. If you have any questions or queries, you are very welcome to contact Charlie Simpson (contact details are below).

Tests will take place on a half termly basis.

Yours sincerely

Dr Charlie Simpson
Senior Lecturer in Sport and Exercise Science

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Ryan Demaine
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P A R E N T A L C O N S E N T F O R M
J 1 6 s t o S e n i o r s o n l y .
B l o o d L a c t a t e , H a e m o g l o b i n a n d H y d r a t i o n
T e s t i n g
2 0 1 5 - 2 0 1 6

PERSONAL DETAILS OF STUDENT Please PRINT details.	
Name of student	D.O.B
Parents Home Tel. No:	Parents Mobile No:

CONSENT
<p><i>I agree to (Please print name)</i></p> <p>.....(name), <i>taking part in the blood lactate tests, resting haemoglobin and hydration tests for this season.</i></p> <p>I agree to my daughter receiving any and all emergency treatment in the unlikely event that any problems. I understand that participation in the testing procedures is optional and not a required part of Headington School Oxford Boat Club training. I understand that my daughter is free to abstain from any this test procedure entirely or discontinue testing at any point during the procedures without need to give reason. I understand that this form covers my daughter for any further tests until July 2016. I understand that trained HSOBC staff may be involved in conducting these tests. These trained coaches are: Ryan Deamine and Tom Springbett.</p> <p><i>I agree to having £35 tests added to the school bill for tests conducted (This covers costs of materials used during the test – Headington or Brookes do not benefit financially from this exercise).</i></p> <p>Signed.....</p> <p>Printed Name.....</p> <p>Relationship to student.....</p> <p>Date.....</p>

- PLEASE NOTE:**
- Athletes must be hydrated.
 - Athletes to eat a normal meal (incorporating a high carbohydrate component) on evening preceding test and on the day of the test.
 - **Do not** eat anything 2 hours leading up to test.
 - **See letter for details.**