

US Rowing Instructions

As a new rower, you will need to get a basic US Rowing Membership, plus Regatta. Would recommend getting the Championship Membership, it includes the monthly Rowing magazine. This provides you with important insurance while you are rowing as well as adds you to our club's official roster.

IMPORTANT: All MHRC program participants are required to sign an electronic USRowing waiver.

Here are instructions (note: these may have changed slightly, please contact me if you have questions):

Go to: <https://membership.usrowing.org/>

Choose individual membership

Enter **Mile High Rowing Club**: Our Club Code is **ZLPMF**

Choose the basic level membership with Regatta or Championship Membership.

Put your cursor over "Members" and click on "Sign Waiver"

- Select 'login' next to your USRowing record (take note of your 'Member Number' as that is also your 'username')
- Complete login- if you do not have a password, select 'forgot password' and a reset link will be emailed to the email address listed for that account (please reset the password within three hours of sending the link, it will not work after the 3-hour window is over)
- Once password is reset, log in
- Your 'membership type' should appear as Basic Membership. If this is not the case, don't worry - go ahead and fill out the waiver at the regular level.
- Confirm/Complete member information and hit 'submit'
- You will be asked 4 safety questions. **These are for educational purposes only.** Please answer them to the best of your ability. You will not be penalized in any way for an incorrect answer. Press Submit once all questions are answered.
- Please read the waiver and press the "I agree" link and press submit to sign the waiver
- You will be asked if you or the person you are signing for (if a minor) is competing in a National Team Selection Event. These are events that are selection events for the United States National Team.
Please press NO, unless you aspire to make one of the National Teams this season. If so, press YES and watch the video.
- You will receive email confirmation when process complete.