

SWIM CERTIFICATION

The sport of rowing poses **significant risks** to the participant because most activities occur in, on, or around water. These risks include but are **not limited to:** expected and unexpected immersion into cold water as a result of a boat flipping, collisions with other boats, being involuntarily removed from a boat as a result of an oar's momentum ("crabbing"), falling off docks, authorized and unauthorized swimming, changing weather conditions, or other occurrences.

I **certify** that I am a competent swimmer and can perform the following competently while wearing typical rowing clothing:

a) 50 yards continuous swim, any stroke;

b) 10 min. continuous tread water; and,

c) Put on and secure a life jacket during the last two minutes of treading water.

- I further certify that cold weather conditions can quickly impede my swimming ability and will follow boathouse recommendations with regard to cold water safety precautions.
- As a Parent/Guardian of a Child Under 18 Years of Age, I certify that my child is a competent swimmer and can perform the above following competently while wearing typical rowing clothing.

Program:

Name:

Signature:

Date:

Child's Name (if under 18):

Parent's Name:

Parent Signature:

Date: