



STOCKTON ROWING CLUB

SWIMMING CERTIFICATION

The sport of rowing poses significant risks to the participant because most activities occur in, on or around the water. These risks include, but are not limited to, expected and unexpected immersion into cold water as a result of 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.

Although all practices and regattas are supervised, from time to time a boat may be temporarily out of a coach's line of sight due to several factors which include but are not limited to the irregular shoreline of the delta, race day procedures or other conditions. Intended or accidental immersion into cold water can occur at any time. Participants must be competent swimmers for their safety.

Check appropriate statement

- I certify that I am able to tread water and swim a minimum of 100 meters and have no medical or health reasons that make it unwise for me to participate in the sport of rowing.**
- I certify that my child is able to tread water and swim a minimum of 100 meters and has no medical or health reasons that make it unwise to participate in the sport of rowing.**
- I am unable to tread water or swim a minimum of 100 meters and choose to wear a Personal Flotation Device.**

Signature of Athlete: _____ Date: _____

Signature of Parent/Guardian (if under 18): _____ Date: _____

Signature of SRC Coach: _____ Date: _____