

Swim / Float Form

ADULT PARTICIPANTS

All prospective rowing participants must acknowledge they are confident swimmers and complete this form prior to using any equipment provided by the High Point Rowing Club or participating in any High Point Rowing Club programs.

By signing this form you are certifying that you can keep afloat for ten minutes without touching the sides or bottom of the pool, and without receiving assistance of any kind from an object or another person. You further certify that you can do this while wearing long pants and a long sleeve shirt.

Information below to be filled out by all prospective adult rowing participants

I, _____

do hereby certify that I can remain afloat under my own power for ten minutes without touching the sides or bottom of the pool, and without receiving assistance of any kind from any object or person.

Date: _____

Signature: _____