



Vero Beach Rowing Swim Attestation

Participant's name: _____ DOB: _____

Parent/Guardian's name: _____

Phone: _____ Email: _____

While swimming is not an integral part of standard rowing activities, it is a requirement for safety purposes. Boats may capsize or swamp, therefore it's critical that participants have basic skills in the water.

NOTE: It is always recommended that one tries to stay with equipment and teammates if in the water during an emergency. Do not try to swim to shore unless as a last resort (i.e. no equipment is floating and nobody is nearby to help). Equipment can be used as flotation and be "pushed" to shore even if upside down.

I attest that participant is capable of swimming and is comfortable being in the water in the event of a capsize or swamping situation. Participant is able to swim 200 yards and tread water for 5 minutes.

Parent/Guardian signature (or participant if aged 18 or older)

Date