



Declaration of Swimming Ability

I acknowledge that the risks of drowning while participating in any rowing-related activity are minimal, yet possible.

I attest that I am able to swim and can complete the following:

1. Swim any stroke or combination of strokes for 100 yards without interruption/resting.
2. Tread water for 10 minutes without interruption/resting.

Participant Name (print): _____

Participant Signature: _____

Date: _____