



SHAKER CREW

Swimming Competence 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 in cold water as a result of a boat flipping, collisions with other boats, being involuntarily removed from a boat because of an oar's momentum ("crabbing"), falling off docks, authorized or 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 traffic and/or the irregular shoreline of the body of water that we may be rowing on, race day procedures, or other conditions. Therefore, a motor boat may take a few moments to several minutes to reach a boat or rower in need of assistance. For their own safety, and the safety of others, participants in any Shaker Rowing Association (SRA) rowing program must be competent swimmers.

SRA will administer a swimming assessment at the beginning of the Fall and Spring seasons. New rowers must pass this swimming assessment. The assessment will include a 10-minute tread and a 100-yard swim.

In order to register for the season and before the swimming assessment is administered, we ask parents/guardians to certify that their child is a capable swimmer and can fulfill the requirements of the test. Parent certification will allow your child to participate in crew for up to 2 weeks while we coordinate the swimming assessments. This form should be emailed to the SRA Registrar, Jessica Waldorf jgraz333@gmail.com, as part of your registration packet.

Name of Participant/Rower: _____ Grade _____

Swimming Certification: I hereby certify that the participant can swim 100 yards in a competent manner and can remain afloat for at least 10 minutes.

Signature of Parent/Guardian _____ Date _____