



SHAKER ROWING ASSOCIATION 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. Every rower must pass a swim test in order to participate in an SRA program, or present adequate certification of swimming competence. There are two options for swim certification outside of taking a swim test administered by SRA:

- Present swim certification given by the American Red Cross; or
- Present certification of swimming competence by a US Swimming or ASCA certified Swim Coach or American Red Cross certified Water Safety Instructor.

PLEASE COMPLETE SECTION A OR B

SECTION A – SWIM CERTIFICATION

I certify that my son/daughter _____ has passed (check one):

- American Red Cross Learn-to-Swim Program - Level 6; a copy of this certification is attached.
- American Red Cross Lifeguarding and/or Water Safety Instructor course(s); a copy of this certification is attached.

Parent/Guardian Name (print) _____

Parent/Guardian Signature _____ Date _____

SECTION B – COACH or WATER SAFETY INSTRUCTOR (WSI) CERTIFICATION

I certify that _____ is a **competent** swimmer and has demonstrated the ability to:

- Swim 150 yards without stopping
- Tread water for 5 minutes without stopping
- Put a life jacket on in the water following the 5 minute tread

Certified Coach or WSI Name (print) _____

Certified Coach or WSI Signature _____ Date _____