

GUELPH ROWING CLUB

SAFETY PROGRAM

Athlete's Name: _____
Please Print Clearly

<p>A. I have viewed the ROWING CANADA (RCA) SAFETY VIDEO in its entirety. I understand the safety procedures outlined in the RCA video and have sought clarification from GRC coaches regarding any questions I had about these procedures</p> <p>Supervised by: _____</p> <p>Date Viewed: _____ <small>Month - Day - Year</small></p>
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<p>B. I have completed the following supervised SWIM TEST (8-10 minutes):</p> <ol style="list-style-type: none">1. Tread water for 5 minutes;2. Swim 50 meters;3. Put on a Personal Floatation Device while treading water;4. Get out of the water at the pool or dock side without using steps or a ladder. <p>Assessment of swimming ability:</p> <p><input type="radio"/> Successfully completed test <input type="radio"/> Unable to complete the test</p> <p>Assessor's Full Name: _____ <small>Please Print Clearly</small></p> <p>NLS# and Level: _____ <small>Please Print Clearly</small></p> <p>Assessor's Signature: _____</p> <p>Swim Test Date: _____ <small>Month - Day - Year</small></p>

<p>C. I have attended a Site Safety and Emergency Procedures Meeting and understand cold-water rules, navigational protocols, weather restrictions, and the other safety and emergency procedures described and discussed.</p> <p>Meeting Date: _____ <small>Month - Day - Year</small></p>

Athlete Signature: _____

Parent/Guardian Signature (If under 19 yrs) _____