

GUELPH ROWING CLUB
HIGH SCHOOL ROWING – SAFETY PROGRAM

Athlete's Name: _____
Please Print Clearly

<p>A. I have viewed the ROWING CANADA SAFETY (RCA) VIDEO in its entirety.</p> <p>RCA Video Viewing Supervised by: _____</p> <p>Date Viewed: _____ Month - Day - Year</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 while wearing clothes (sweat shirt/pants and socks) over a bathing suit or unisuit;2. Swim 50 meters with clothes on;3. Put on a PFD while treading water;4. Get out of the water at the side of the pool without using steps or a ladder. <p>Assessment of swimming ability:</p> <p style="text-align: center;"><input type="radio"/> Competent Swimmer <input type="radio"/> Unable to Swim</p> <p>Assessor's Full Name: _____ Please Print Clearly</p> <p>NLS# and Level: _____ Please Print Clearly</p> <p>Assessor's Signature: _____</p> <p>Swim Test Date: _____ Month - Day - Year</p>
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I the under signed, understand the safety procedures outlined in the RCA video and have sought clarification from GRC coaches and/or program coordinators regarding any questions I had about these procedures, and I agree with the assessment of swimming ability indicated above.

Athlete Signature: _____

Parent/Guardian
Signature: _____