

**River City Rowing Club
Certificate of Competence - Swimming**

Adult Participants aged 18 and older:

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 into cold water as a result of a boat flipping, collisions with other boats, being involuntarily removed from a boat as a result of an oar's momentum ("crabbing"), falling off docks, authorized and unauthorized swimming, changing weather conditions, or other occurrences.

These perils are magnified since adults have the ability to use club equipment without a coach being on the water supervising. Therefore, a rower or rowers could become immersed in cold water and separated from their boat far from shore, without any help nearby. For your safety, we highly recommend the buddy system.

I certify that I am a competent swimmer. I understand that I have the responsibility to determine the extent of the training I need and to obtain that training so I am able to participate in the sport of rowing and related activities safely.

Participant's Signature _____ Date ___/___/___

Junior Participants:

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 into cold water as a result of a boat flipping, collisions with other boats, being involuntarily removed from a boat as a result of an oar's momentum ("crabbing"); falling off docks, authorized and unauthorized swimming, 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 the irregular shoreline of the Port of Sacramento, race day procedures or other conditions. Therefore, a motor boat may take from a few moments to several minutes to reach a boat or rower in need of assistance.

Intended or accidental immersion into cold water can occur at any time. Participants must be competent swimmers for their safety.

I certify that my child is a competent swimmer.

Junior Name: _____

Parent or Guardian's Signature _____ Date ___/___/___