



## Guelph Rowing Club

P.O. Box 25010  
Stone Square Centre  
370 Stone Road West  
Guelph, Ontario  
N1G 4T4

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### High School Rowing – Safety Program

Rowing is a water-based activity. There is always a risk of capsizing and ending up in the water which could occur at quite a distance from shore. If you are not comfortable with your ability to tread water and/or swim for a period of time, you are encouraged to ensure you take appropriate cautions to protect yourself including but not limited to wearing a PFD.

Athlete's Full Name \_\_\_\_\_

Please print clearly

Athlete's Date of Birth (yyyy/mm/dd) \_\_\_\_\_

1. Athlete has/ I have completed the following supervised SWIM TEST:
  - a. Tread water for 5 minutes while wearing clothes over bathing suit.
  - b. Remove clothes over bathing suit and swim for 50 metres.
  - c. Put on a PFD while treading water.
  - d. Get out of the water at the side of the pool without using steps or ladder.

Swim Test Supervisor's Name and NSL #: \_\_\_\_\_

Supervisor's signature: \_\_\_\_\_

Swim Test Date: \_\_\_\_\_

**OR**

2. In lieu of a supervised Swim test, as this athlete's parent or guardian, I can attest to their swimming ability as indicated by the assessment below:

#### Swimming Assessment

Please mark an X in the circle that best describes this person's swimming ability

☐ Competent      ☐ Weak Swimmer      ☐ Unable to swim

I, the undersigned, agree with the evaluation of swimming ability as indicated above.

Athlete's signature: \_\_\_\_\_

Parent's/Guardian's signature: \_\_\_\_\_

Date: \_\_\_\_\_