

## ***Swim / Float Form***

All prospective rowing participants under the age of 18 years must complete this form prior to using any equipment provided by the High Point Rowing Club or participating in any High Point Rowing Club programs.

By signing this form as a parent or life guard you are certifying that the individual named can keep afloat for ten minutes without touching the sides or bottom of the pool, and without receiving assistance of any kind from an object or another person. You further certify that this individual can do this while wearing long pants and a long sleeve shirt.

***Information below to be filled out by a parent/legal guardian or certified life guard only***

I, \_\_\_\_\_.

Certified life guard or Parent/Legal Guardian of \_\_\_\_\_

\_\_\_\_\_ do hereby certify that he/she can remain afloat

under his/her own power for ten minutes without touching the sides or bottom of the

pool, and without receiving assistance of any kind from any object or person.

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

Signature: \_\_\_\_\_