



## Mile High Rowing Club Swimming Form

The risks of drowning while participating in any rowing-related activity are minimal, yet possible. Therefore, prior to any water-based activity, the following swim test must be completed, and this form submitted. This form will be kept on file with the Club and is valid for future classes and club membership.

Swim Test requirement:

1. Swim any stroke or combination of strokes for 10 minutes without interruption.
2. Immediately thereafter, the participant must float or tread water for an additional uninterrupted 10 minutes.

At no time during the swim test is the participant allowed to rest on the side of the pool or touch the bottom of the pool.

I attest that my minor has completed the swim test as described above.

Participants Name: \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ (print full name)

Parent/Guardian \_\_\_\_\_ (Signature)

Date \_\_\_\_\_