



Mile High Rowing Club Swimming Form

The risks of drowning while participating in any rowing-related activity are minimal, yet possible. All Club participants must be strong swimmers, and a parent/guardian must attest to their skills in advance of joining a MHRC program. This form will be kept on file with the Club and is valid for future classes and club membership.

Swim Skills requirement: (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.)

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

Participants Name: _____

I attest that my son/daughter is a strong swimmer and can perform the required skills listed above. I watched them perform the skills, or am confident that they could pass any swim test given their swimming experience (please describe):

Parent/Guardian _____ (print name)

Parent/Guardian _____ (Signature)

Date _____