



## Vero Beach Rowing Swim Attestation

While swimming is not an integral part of standard rowing activities, it is a requirement for safety purposes. Boats may capsize or swamp, therefore it's critical that participants have basic skills in the water.

**NOTE: *It is always recommended that one tries to stay with equipment and teammates if in the water during an emergency. Do not try to swim to shore unless as a last resort (i.e. no equipment is floating and nobody is nearby to help). Equipment can be used as flotation and be "pushed" to shore even if upside down.***

*If 18 years of age or older (as of June 1, 2017):*

I attest that I am capable of swimming and feel comfortable being in water which will keep me safe in the event of a capsize or swamping situation. I am confident that a 200 yard swim and 5 minutes treading water are within my ability.

Signed by participant: \_\_\_\_\_ Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_