



IRC DECLARATION OF SWIMMING ABILITY

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. 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 OR waived and this form submitted. This form will be kept on file with Indianapolis Rowing Center and is valid for five years.

Swim Test Certification or Rower/Parent Waiver

All IRC members must pass a swim-test and have a certified lifeguard or American Red Cross Water Safety Instructor attest to the completion of this test by signing the form below PRIOR to rowing in any boat* or barge without a life jacket. A rower, or parent or guardian if under 18, can also certify the athlete's ability to complete the following water safety test. IRC will not host swim tests at Eagle Creek. If you wish to complete a swim test, these need to be arranged by you and completed at a local pool prior to the start of your rowing season/class/lesson. By signing the form below you are confirming that the athlete listed can complete the tasks outlined on the swim test.**

The swim-test includes:

1. Tread water or stay afloat for 10 minutes.
2. Followed by swimming 50 yards any stroke, without touching the bottom or using any other support.
3. Properly putting on a life-jacket, while treading water, that is thrown to you.
4. Test should be completed in "rowing/athletic" clothing as if a boat flipped.

Option 1:

SWIM TEST CERTIFICATION

I, _____ (Print LIFEGUARD/INSTRUCTOR name), certify that

(Print Rower name) has completed the swim test requirements
described above. The test was given at _____ (location) on

(date) and I am currently certified as a lifeguard, or I am an American Red
Cross Water Safety Instructor. My certification expires on _____ (date).

Signature of Guard/Instructor: _____

Date: _____



Signature of Rower(or parent/guardian if under 18): _____

Date: _____

Option 2:

ROWER SELF-WAIVER

_____ (Print Rower's name) did not complete the swim test, but I attest that I/he/she can complete the tasks listed on the swim test.

Signature of Rower(or parent/guardian if under 18): _____

Date: _____

Print Name of Rower(or parent/guardian if under 18): _____ Date:

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.

*Anyone riding in a coach's launch, at anytime (with or without a signed Swimming Ability form) must wear a floatation device.

**This form must be signed and uploaded into your iCrew account prior to your first practice.

IRC is not responsible for any injury or illness sustained due to boats flipping and/or rowers entering water and a rower not having sufficient swimming skills.

