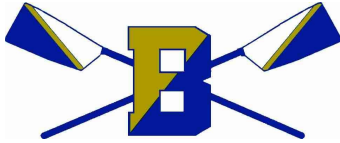


SWIMMING



ABILITY STATEMENT

Brighton Rowing Club requires team members to complete a swim test. The purpose of the swim test is to assess whether, in the event of an emergency, the participant is comfortable enough in the water to remain calm and afloat, get back to the boat and hang on, and follow instructions of coaches on what to do next. Swimming speed or style is not relevant. Any athlete who is unable to successfully pass the swim test must wear a PFD (personal flotation device) when rowing.

To be exempt from this requirement, a parent may complete this form to attest to the athlete’s ability to meet the minimum swimming requirements. This form will be kept on file with the Club.

Swim Test requirement:

- Participant can tread water for 10 minutes, while wearing a sweatshirt.
- Participant can swim 50 yards, while wearing a sweatshirt.

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.

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My child, _____, demonstrates the ability to complete the swimming activities listed above.

Additional documentation (optional, but preferred):

Red Cross Swim Card; please attach a copy of the swim card

My child participates in a swim program through a school, athletic, or other organization.

Name of organization: _____ Contact person: _____

Phone or email of contact person: _____

Parent Signature: _____ Date: _____

- Complete electronically or print and complete; email form back to registrar: registrar@brightoncrew.org