



Declaration of Swimming Ability

The risks of drowning while participating in any rowing-related activity are minimal, yet possible. Therefore, prior to any water-based activity, this form must be completed and submitted by all CDBi members or participants over the age of twenty-five (25). All forms will be kept on file by CDBi and are valid for future classes and club membership.

I knowingly accept the risk of drowning while participating in any CDBi rowing-related activities, and I attest that I have competently completed the swim test outlined below, or its equivalent, within the last two (2) years, and/or that I am fully capable of matching or surpassing the requirements described in the swim test below.

Swim Test requirement:

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

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

Participant Name: _____

Participant Signature: _____

Date: _____ Age: _____