



Adult Rowers Swimming Certificate of Competence

Rowing is a water sport that carries with it certain basic risks. Maine Coast Rowing Association plans activities and rowing practice on the Androscoggin River. Albeit rare, crew members may unexpectedly land in the water for any (but not limited to) the following reasons.

- Boat flipping over
- Collision with another boat
- Ejection from the boat because of catching a crab (the oar getting caught underneath the water)
- Falling off platform or dock
- Authorized or unauthorized swimming

Although learn to row/scull practices and are supervised, a boat may go beyond the view of a coach or supervising adult because of the physical geography of the Androscoggin River. Once a rower becomes independent, most practices will occur without supervision. Intended or accidental immersion into the cold water can occur at any time and it may take some time to receive assistance. Therefore, all rowers must be competent swimmers.

For you to participate in the program, you must confirm your ability to swim a minimum continuous distance of 50 meters and ability to tread water for 5 minutes.

I certify that I am a competent swimmer, can swim 50 meters continuously, tread water for 5 minutes and am fit to participate in the rowing.

Name of Participant:

please print

Signature: _____

Date: _____