



ARKANSAS BOATHOUSE CLUB

This form verifies that I am physically fit and able to participate in the Learn to Row. With respect to any portion of the Program that involves being on or near the water (e.g., river, lakes, etc.), this form verifies that I am able to:

- tread water for 10 minutes (wearing T-shirt and shorts) and successfully put on a personal flotation device at the end of this period while still in the water
- swim 50 meters continuously (any stroke)

Printed Name of Participant: _____

Address: _____

Phone: _____ E-mail: _____

Date: _____

Participant's Signature: _____

Parent/Guardian Signature (only if participant is under the age of 18):

Printed Name of Parent/Guardian: _____

Signature of Safety Observer: _____

Printed Name of Safety Observer : _____