

Swan Creek Rowing Club



Lambertville, New Jersey



Swan Creek Rowing Club * P.O. Box 153 * Lambertville, NJ 08530 * www.swancreekrowing.com

SCRC Over 18 Swim Self-Certification

This Over 18 Swim Self-Certification is to be used by persons over 18 who are learning to row. Anyone 18 and younger must complete the Youth Swim Certification, posted on the [SCRC website](#).

I understand that as a water sport, rowing has an inherent danger. I understand that boats can tip over, throwing me into the water. Although I may use the boat as a flotation device, I need to be able to stay afloat, tread water, and swim in the event my boat tips.

By signing this paper, I certify that I can perform the following swim test:

- Tread water for 5 minutes wearing rowing clothes (shorts and a T-shirt)
- At the end of the treading water and while still in the water, put on a personal flotation device
- Continuously swim for 50 yards (any stroke)

Name of participant: _____

Signature of participant: _____ Date: _____