



Swimming Certificate of Competence

Crew is a water sport that carries with it certain basic risks. Northern California Crew plans activities and crew practice on the inlet waters of the San Francisco Bay. Albeit rare, crew members may unexpectedly land in the water for any (but not limited to) the following reasons.

1. Boat flipping over
2. Collision with another boat
3. Ejection from the boat as a result of catching a crab (the oar getting caught underneath the water)
4. Falling off of platform or dock
5. Authorized or unauthorized swimming

Although all practices and regattas are supervised by adults, a boat may go beyond the view of a coach or supervising adult because of the physical geography of the Redwood City inlet waters, boat positions in a regatta or other less predictable circumstances. Intended or accidental immersion into the cold water can occur at any time and it may take some time for a boat to reach a rower in need of assistance. Therefore, **all crew members must be competent swimmers.** For your child to participate in the program, you must confirm his/her ability to swim a minimum continuous distance of 100 meters.

I certify that my child is a competent swimmer, can swim 100 meters continuously and is fit to participate in the sport of crew.

Name of Crew Member _____

Parent or Guardian's Signature: _____ Date _____