



ST. IGNATIUS CREW

Swim Certification Waiver

Rowing is an outdoor, water-based activity that includes an inherent risk of injury and drowning. Although St. Ignatius has rules and policies in place to decrease risk to participants and coaches, accidents do occur.

In order to participate in activities associated with St. Ignatius Crew, all participants must be comfortable treading water in place for at least 10 minutes.

Participants may find themselves in the water in the following situations: flipping a boat, catching a crab, hitting another boat, getting swamped from waves or wakes, or hitting an obstacle.

If you find yourself in the water, you must do the following:

1. Stay with your boat! Try to right your flipped shell and climb back in.
2. If you cannot get back into the boat, hold onto the riggers. Do not leave your boat - it will remain afloat.
3. Put on your PFD (personal flotation device) when your coach distributes them (each safety-launch has them).

Please sign this document acknowledging that you have read and understand the risks and responsibilities, and that the participant is able to tread water for 10 minutes.

If you have any questions, or if the athlete is unable to tread water, please contact the rowing director or lead coach so training can be arranged or other measures can be taken in lieu of an ability to swim / tread water.

Signature of Parent/Legal Guardian

Name of Child/Children (print clearly)

Date