

UVRF Swim Test Liability Waiver

I am a participant in a Learn-to-Row Program with Upper Valley Rowing Foundation (UVRF) or I am a guest of a UVRF member. I understand and acknowledge the nature and risks of rowing and swimming activities, and my own level of experience and capabilities with such activities.

I hereby certify that I can tread water for at least 10 minutes unassisted by any flotation device and put on a life jacket and fasten it while in the water. If I fall in the water, I will stay with the boat, which is a flotation device, and carefully follow the instructions of the coxswain and the coach.

I release UVRF for any harm or liability from accidents that may occur on the dock or on the water, and acknowledge that I choose to participate even though I have not submitted a UVRF Swim Test Certificate.

I also certify that I have signed a *USRowing Waiver-Release of Liability* form, which is on the back of this page.

Signature of Participant: _____

Printed Name of Participant: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Date: _____