

Sagamore Rowing Swim Confirmation:

Physical prerequisites:

By checking the box below, I hereby certify and acknowledge the following:

- 1) I am able to tread water unassisted for up to 15 minutes without touching bottom.
- 2) I am aware of the differences between swimming in a pool and swimming in open water and assume that in the event of a capsizing or similar situation the condition of that environment could be drastically different. Differences include but are not limited to size of waves, degree of temperature, visibility in and out of water, and proximity to land.
- 3) I am capable of swimming unassisted approximately 150 meters.
- 4) Rowers are not typically encouraged to use their ability to swim away from any capsized or swamped rowing shells. They typically are encouraged to stay with the shell until they are able to get under way or be retrieved by the coaching launch or similar craft.
- 5) Rowers will not be restricted from wearing life preservers nor will they be required or encouraged to wear such devices.
- 6) I am capable of carrying up to 35 pounds on the shoulders or over the head and walking with this weight approximately 300 meters.
- 7) Blisters, bruises, and minor abrasions are typical in the sport of rowing especially for new rowers who are adjusting to moving the rowing equipment to and from the water.
- 8) Safety of the rowers is of primary concern when rowing conditions are questionable. However conditions can change on favorable days and rowers do often row in light rain or wind where the condition is deemed manageable.
- 9) It is my responsibility to express any concerns with conditions or confidence in ability with a Sagamore board member or sanctioned coach.