

**2009 ADULT SWIM RELEASE**  
**MID HUDSON ROWING ASSOCIATION**

Name: \_\_\_\_\_  
(PLEASE PRINT)

Date: \_\_\_\_\_

**US Rowing and Mid Hudson Rowing Safety Guidelines  
require the following certifications:**

1. I can swim 50 yards:    \_\_\_Yes
  
2. I can keep afloat for 15 minutes:    \_\_\_Yes
  
3. I can put on a life jacket while treading water:    \_\_\_Yes

Signature \_\_\_\_\_

Date: \_\_\_\_\_

FOR OFFICE USE:

SWIM TEST ON RECORD    DATE: \_\_\_\_\_