



Mid Hudson Rowing Association: Rower Information and Safety Certification 2020

Name: _____ (GUEST) _____

Phone (H) _____ (W) _____ (Cell) _____

Address _____

Email (for MHRA business only): _____

(*please* print legibly)

I **DO NOT** wish to share my phone number / email for club communication

Emergency Contact: _____ Relationship _____

Phone (H) _____ (W) _____ (Cell) _____

ROWING IS BY ITS NATURE A PHYSICAL SPORT. THOSE PARTICIPATING SHOULD BE IN GOOD PHYSICAL HEALTH. IT IS ADVISABLE TO CHECK WITH YOUR PHYSICIAN BEFORE STARTING ANY NEW SPORT.

Allergies / Health Problems that may be impacted by rowing or its associated activities: _____

I have read and agree to abide by MHRA club and safety rules. _____ Yes _____ No

(MHRA safety rules are posted on the MHRA website and in the boathouse)

I can swim 50 yards. _____ Don't know _____ Yes _____ No

I can keep afloat for 10 minutes. _____ Don't know _____ Yes _____ No

I can put on a life jacket while in the water. _____ Don't know _____ Yes _____ No

If you cannot answer yes to these safety statements, please speak with an MHRA coach.

I have completed the 2020 US Rowing Waiver hardcopy _____ Yes _____ No

Signature: _____

Date: _____

Mid Hudson Rowing Association
P.O. Box 683,
Poughkeepsie, NY 12602