**Table Mountain Rowing Club**



**“Learn to Row” Safety/Participation Acknowledgement**

LTR Rower: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Acknowledgement for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (session date)

\_\_\_\_\_I have signed and turned in the **TMRC Activities Participation** (Liability Waiver) form.

\_\_\_\_\_I have completed, signed and turned in the **Medical Consent form**.

\_\_\_\_\_Prior to participating, I have watched and understood the **US Rowing Safety video**.

\_\_\_\_\_I have taken and turned in the **TMRC Safety Quiz** after watching the video.

\_\_\_\_\_I am able to lift 35-40 lbs. above my head and also carry that weight on my shoulder.

\_\_\_\_\_I am able to swim 100 yards and tread water for 10 minutes wearing athletic clothing.

\_\_\_\_\_I am able to squat into a sitting position.

\_\_\_\_\_I have good range of motion in my hips, knees, ankles and shoulders.

\_\_\_\_\_I have no medical conditions which would prevent me from participating in a physically strenuous activity.

I have completed all forms and feel prepared mentally and physically to participate in a Learn to Row session.

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

*Please bring this form, your TMRC Activities Participation form, your Medical Consent form and your TMRC Safety Quiz with you.*