

MHRA ADULT SWIM RELEASE/EMERGENCY CONTACT

Name: _____

Date: _____

**** 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 in the water: ___Yes

If you cannot answer yes to these questions, please speak with a MHRA coach.

Signature _____

Date: _____

EMERGENCY CONTACT _____

Relationship _____

PHONE (H) _____

(W) _____

(C) _____