



**The primary location for the YMCA swim test is the Thornton Branch located on 51<sup>st</sup> Halfway Between Yale and Sheridan**

As a currently accredited lifeguard, I certify that I have observed:

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Applicant's Name (please print)

successfully completed a swim test consisting of staying afloat for 5 minutes without aid and swimming 2 lengths of the pool.

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Lifeguard Name (please print) Date

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Lifeguard Signature Position

Please bring this completed swim test certificate to the Learn-to-Rowing session for which you registered. You will not be allowed to participate in any on-the-water activity of the Learn-to-Row program without this completed certificate.

Neatly printed name of participant: \_\_\_\_\_  
last, first,  
(nickname)

**UNITED STATES ROWING ASSOCIATION RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")** In consideration of being permitted to participate in any way in the Tulsa Rowing Club's activities sponsored by the Tulsa Rowing Club ("CLUB") and/or the United States Rowing Association ("USRA"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of rowing activities, both on water and land-based, and that I am qualified, in good health, and in proper physical condition to participate in such an activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. Fully understand that: (a) Rowing activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("RISKS"); (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the activity, the conditions under which the activity takes place, or the negligence of the "RELEASEES" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.

3. Hereby release and discharge the USRA, the Club, its administrators, directors, agents, officers, volunteers, employees, other participants, any sponsors, advertisers, and the City of Tulsa (each considered one of the Releasees herein) from all liability claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and I covenant not to sue any of them; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, make a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, have signed it freely and without any inducement or assurance of any nature, intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law, and agree that if any portion of this agreement is held to be invalid the balance notwithstanding shall continue in full force and effect.

Participant's signature (only if age 18 or over) \_\_\_\_\_ Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

(Street) (City) (State) (ZIP)

Club/School Affiliation: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Email \_\_\_\_\_

**IF AGE 17 OR UNDER, PARENT/GUARDIAN SIGNATURE REQUIRED:**

And I, the minor participant's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim.

Parent/Guardian signature (if participant under age 18) \_\_\_\_\_ Printed name of participant \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

(Street) (City) (State) (ZIP)