

**Release of Liability:**  
**ACKNOWLEDGEMENT OF SWIMMING ABILITY**  
**GREAT BAY ROWING**

IN CONSIDERATION of being given the opportunity to Participate in any Rowing and Training activity, including Learn to Row programming,

I, for personal representatives, my assigns, heirs, next of kin, and myself:

1. I 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 Activity, I am a proficient swimmer, *AT A MINIMUM I CAN SWIM A DISTANCE OF 100 YARDS and can tread water OR FLOAT WITHOUT ASSISTANCE OR USE OF FLOTATION DEVICES for a minimum of 5 minutes.*

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, Including permanent disability, paralysis and death. These risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the Negligence of the Release named below; 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.

\_\_\_\_\_ DATE: \_\_\_\_\_  
PARTICIPANT