

**2010 LTR/LTS MHRA ADULT SWIM RELEASE**

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) \_\_\_\_\_