

2024 HBRA ROWER & EMERGENCY CONTACT INFORMATION

ROWER INFORMATION:

First Name Middle Name Last Name

Rower's Email _____ Phone Number _____

EMERGENCY INFORMATION

Emergency Contact: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Doctor's Name: _____ Phone: _____

Rower's allergies/health/behavior concerns we should know about:

HBRA SWIMMING CERTIFICATE OF COMPETENCE

Crew is a water sport that carries with it certain basic risks. Humboldt Bay Rowing Association practices on Humboldt Bay. Crew members may unexpectedly land in the water for the following reasons:

- Boat flipping over
- Boat collision with another watercraft
- Ejection from the boat as a result of "catching a crab"
- Falling off of a platform or dock

Accidental immersion in cold water can occur at any time. All crew members must be competent swimmers and will be required to take a swim test when given by a Red Cross certified lifeguard after joining the club. For you to participate in this program, you must confirm your ability to swim. *

I certify that I am a competent swimmer and fit to participate in the sport of rowing.

Rower Name: _____

Signature: _____ Date: _____

*HBRA provides periodic swim tests. All rowers are asked to attend a test yearly