



# DC National Rowing Club Swim Proficiency Form

Upon joining the team or signing up for a DCNRC camp, every rower must provide a swim acknowledgement statement signed by a parent/legal guardian. This must be done **BEFORE** the participant will be permitted on the water.

I, \_\_\_\_\_, as legal guardian of the participant,  
\_\_\_\_\_, understand the requirements outlined below and  
acknowledge that he/she:

**CAN**

**CANNOT**

successfully perform the requirements as described.

***The DNRC swim test requirements are as follows:***

- ***10 minutes of a vertical tread in deep water without touching the bottom.***

Signed: \_\_\_\_\_  
Legal Guardian

Printed name: \_\_\_\_\_

Please email a signed copy of this form to Coach Julian Canha: [julian.canha@gmail.com](mailto:julian.canha@gmail.com) and the DCNRC Registrar: [dcnrc.registrar@gmail.com](mailto:dcnrc.registrar@gmail.com)