

# Forest Park Crew Boat Flip Permission Slip & Swim Test Info

**Where:** Chinn Aquatics and Fitness Center.

**When:** 5:30pm - 7:00pm on Sunday, February 17, 2019.

**Swim Test Time:** 5:30pm - 6:00pm. Mandatory for those who never completed one for FPCrew. When done, get in line for boat flip.

**Boat Flip Time:** 5:30pm - 7:00pm. Mandatory for everyone.

**Bring:** (1) This permission slip, signed. (2) swim test form if you are taking one, page 2. Look for FPCrew table in the lobby.

**Dress Code:** Arrive dressed to get in water. For boat flip, wear close-fitting clothing, a towel and a change of dry clothes after completion. For swim test, wear swimwear (swimsuit, jammers, etc.).

**POC:** Elisa Ferguson via [fpcrew2vp@gmail.com](mailto:fpcrew2vp@gmail.com)

## TRAINED SAFELY MEANS SAFELY TRAINED!

All rowers will experience a capsizing, or “flipping”, a shell and water immersion with approved PFD.

*Knowing how to stay safe will increase your ability to handle a flipping situation with confidence and competence.*

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Participant information:

Rower's Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Rower Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Parents are welcome to stay and watch from the balcony area overlooking the pool. After the boat flipping, all FPHS Crew families are invited to attend our team fundraiser at The Original Steakhouse, 4179 Merchant Plaza, 22192

## Crew Swim Test

**To complete the swimming certification, the rower must pass two tests:**

- 1) 100-meter swim (any stroke)
- 2) 2 minute tread water

**OR** Provide proof of meeting these requirements through an alternate means such as completion of the BSA Swimming Merit Badge or participation on a swim team. =====

### Swim Test Verification

Rower's Name: \_\_\_\_\_ Grade \_\_\_\_\_

High School \_\_\_\_\_

Date of Test: \_\_\_\_\_

Location of Test: \_\_\_\_\_

I certify the above named rower has passed the two-part swim test.

Lifeguard's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Lifeguard's Printed Name: \_\_\_\_\_

Lifeguard's accreditation and expiration date: \_\_\_\_\_  
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**Alternative Verification** I certify that \_\_\_\_\_ has met the above swim test requirements in the following way:  
\_\_\_\_\_

and have attached a copy of documentation to support this (such as a Merit Badge Card or other signed document).

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_