

Forest Park Crew Boat Flip Test
Permission and Information

Where: PWCS Colgan Aquatics Center. 13833 Dumfries Rd Door#25 Manassas VA 20112

When: 9:00am – 10:30am on Monday, February 16, 2026.

Mandatory for everyone. Bring: (1) This permission slip, signed. (2) Look for FP Crew board representative in the lobby and check in! Dress Code: Arrive dressed to get in the water. For boat flip, wear close-fitting clothing you would wear to practice (No Swimsuits), a towel, and a change of dry clothes after completion. POC: Mia Simpson via fpcrewpres@gmail.com or Coach Mabeus coachmabeus@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.

Rower’s Name: _____

Parent Phone: _____

Date: _____

Rower Signature _____

Parent Signature _____

Parents are welcome to stay and watch from the balcony area overlooking the pool or the bleachers.