



I \_\_\_\_\_ (print name) hereby confirm that I can swim 50 meters and tread water for 5 minutes in light clothing.

I have read Union Rowing Club's Health and Safety information on the website <http://www.unionrowing.co.nz/safetyUrc.html>

I have read Union Rowing Club's Health and Safety information posted in the club's shed.

I have had the health and Safety rules and regulations explained to me by \_\_\_\_\_ (Name of club member)

(tick one of the above)

I hereby confirm in writing that I am responsible for my own health and wellbeing while rowing with the Union Rowing Club.

\_\_\_\_\_ (signature)

\_\_\_\_\_ (Date)