

**WAIVER AND RELEASE OF LIABILITY AND SWIMMING COMPETENCY FORM**

**Part 1 – Waiver and Release of Liability Form**

IN CONSIDERATION of being allowed to participate in the United States Rowing Association and/or the NEW ORLEANS ROWING CLUB, LTD. athletic/sports programs and related events and activities which might be held at Bayou St. John, Summer House Vista Shores, New Orleans City Park, Xavier University of New Orleans or other designated facilities, I acknowledge that:

1. By virtue of my participation I risk bodily injury, paralysis, dismemberment, and death, and other loss including damage to property.
2. I knowingly and freely assume all such risk.
3. I release, hold harmless, and promise not to sue the officers, officials, agents, employees, members, or guests of the following entities: UNITED STATES ROWING ASSOCIATION, the NEW ORLEANS ROWING CLUB, LTD., SUMMER HOUSE VISTA SHORES, XAVIER UNIVERSITY OF NEW ORLEANS, NEW ORLEANS CITY PARK, CITY OF NEW ORLEANS, and/or ORLEANS LEVEE DISTRICT.

\_\_\_\_\_  
VOLUNTEER/PARTICIPANT (signature)

DATE: \_\_\_\_\_

\_\_\_\_\_  
VOLUNTEER/PARTICIPANT (print name)

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**Part 2 - Swimming Competency Form**

I hereby acknowledge that I can **swim 100 yards** in a competent manner and can **remain afloat for at least 5 minutes**.

If I cannot swim 100 yards in a competent manner and or cannot remain afloat for at least 5 minutes, then I **MUST** wear a life jacket while on the water.

\_\_\_\_\_  
VOLUNTEER/PARTICIPANT (signature)

DATE: \_\_\_\_\_

\_\_\_\_\_  
VOLUNTEER/PARTICIPANT (print name)

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**FOR VOLUNTEERS / PARTICIPANTS OF MINORITY AGE (less than 18 years of age)**

If the volunteer/participant is less than 18 years of age, then the parent or legal guardian must also sign below.

This is to certify that, as parent/guardian of this volunteer/participant, I do consent to his/her waiver and release and swimming competency part as set forth above.

\_\_\_\_\_  
PARENT/GUARDIAN (signature)

\_\_\_\_\_  
PARENT/GUARDIAN (print name)

DATE: \_\_\_\_\_

\_\_\_\_\_  
RELATIONSHIP