



LAKE MERRITT ROWING CLUB

A NON-PROFIT CORPORATION INCORPORATED IN 1962
LMRC IS A MEMBER OF THE UNITED STATES ROWING
ASSOCIATION

510 273 9041
P.O. BOX 1046
OAKLAND, CALIFORNIA 94604

WWW.LAKEMERRITTRROWINGCLUB.ORG

WAIVER AND SWIMMING CERTIFICATION FOR ADULT GUESTS OF LMRC

STANDARD ATHLETE'S RELEASE FORM NOT for Use with Minors

In consideration of my use of Lake Merritt Rowing Club facilities, I hereby waive, release and discharge any and all claims for damages from death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in said Lake Merritt Rowing Club Inc., a California corporation, its shareholders, Board of Directors, officers and members, promoters and sponsors, the United States Rowing Association, promoting clubs, officials, and any involved municipalities or other public entities and their respective agents and employees, from and against any and all liability arising out of or connected in any way with my participation in said Lake Merritt Rowing Club or its activities, even though that liability may arise out of negligence or carelessness on the part of persons or entities mentioned above.

I further understand that serious accidents occasionally occur while engaged in rowing activities and that participants thereof occasionally sustain mortal or serious personal injuries and/or property damage as a consequence thereof. Knowing the risk of rowing participation, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned about who, through negligence or carelessness might otherwise be liable to me or my heirs or assigns for damages.

It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Printed Name: _____ Signature: _____

Phone: _____ Email Address: _____

Address/City/State/Zip: _____

Date: _____ LMRC Member Host: _____

SWIMMING CERTIFICATION

If you are unsure of your swimming ability, do not sign below. Inform your LMRC instructor, activity leader, or host.

I certify that I am a proficient swimmer and can perform all of the following:

- 1) Swim a distance of 75 feet.
- 2) Swim under water for a distance of 20 feet.
- 3) Tread water for 5 minutes.

Signature: _____

Guest Fee Paid : _____
Check # _____ or Cash