

Berkeley Racing Canoe Center

DECLARATION OF SWIMMING ABILITY

For those adult BRCC members who would like to have the option of not wearing a PFD (life jacket) while paddling INSIDE the Marina, please complete and sign the following swimming declaration.

I am able to perform the following two swimming tasks:

- 1) Tread water fully clothed (except shoes) for 10 minutes in cold salt water with no buoyancy aids.
- 2) Swim a distance of 100 meters in open water with no buoyancy or swimming aids.

I understand that this option may be exercised only inside the Marina unless otherwise instructed by the person in charge (steersperson) and that everyone, regardless of swimming ability, must wear a PFD (life jacket) when outside the Marina.

print name

signature

date