

Pittsford Crew
Rowing Medical Clearance Form
(To be completed by athlete's health care provider)

Athlete Name: _____ **DOB** _____

Date of most recent evaluation: _____

Health Problem: _____

Management Plan:

It is important that health care providers understand the following aspects of rowing:

- This athlete may be on the water in very warm or cold conditions for up to 2 hours.
- Precautions to prevent dehydration, hypo- or hyperthermia will be followed.
- This athlete will be in a very narrow boat in 25' deep water. His/her feet are fastened into shoes built into the boat. The other eight athletes in the boat are 12-18 years old. There will be a supervising adult in a separate boat 10-20 yards away from the boat of athletes.
- The boats row up to three miles away from the boathouse, so it will take at least 10-15 minutes to return to land.
- Emergency first aid supplies (inhalers, EpiPens, glucose) can be made available to this athlete.
- Competitive rowing requires a level of physical exertion similar to lacrosse and soccer. Because the rower has the aide of a sliding seat, it is possible for the athlete to push him/herself beyond a point where the body generally limits itself.

Understanding the rowing conditions described above, this athlete is medically cleared to participate in Pittsford Crew practices and competitions.

Signature of Health Care Provider: _____

Print Health Care Provider's Name: _____

Date: _____ Telephone # _____

