



Fairport Crew Rowing Medical Clearance Form

(To be completed by athlete's health care provider)

Athlete Name: _____

DOB _____

Date of most recent evaluation: _____

Health Problem(s): _____

Management Plan: (feel free to attach documents)

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. 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.

_____(Healthcare Provider Initials) Understanding the rowing conditions described above, this athlete is medically cleared to participate in Fairport Crew practices and competitions.

Signature of Health Care Provider: _____

Print Health Care Provider's Name: _____

Date: _____ Telephone # _____

Signature of Parent/Guardian: _____

Printed Name of Parent/Guardian: _____

Date: _____