



Big Island Interscholastic Federation

Canoe Paddling

Revised from 12/12/07

**DECLARATION OF WATER SAFETY
TESTING COMPLIANCE**

This is to certify that all athletes participating in canoe paddling for _____ High School during the _____ school-year have successfully completed the following water safety drills prior to participating.

Date Tested:_____. “HULI” DRILL: To upright a capsized canoe and for all crew members to re-enter the canoe and paddling.

Date Tested:_____. Threading water for fifteen (15) minutes.

Date Tested:_____. Swimming two hundred (200) yards using any stroke.

We further understand that an athlete must successfully complete all tests before participation can be granted and that an athlete will be kept from participating until all requirements are met.

X

Signature of Coach

X

Signature of Athletic Director

X

Signature of Principal

Date:_____.

***THIS FORM MUST BE SIGNED AND RECEIVED BY THE LEAGUE OFFICE.
SCHOOLS NOT IN COMPLIANCE WILL NOT PARTICIPATE IN ANY LEAGUE MEET
UNTIL THIS FORM IS RECEIVED.***

Date Eligibility List is Submitted:_____.