



Tamar and Tavy Gig Rowing Club

Temporary

Membership Application Form 2015

This form is to be completed before taking part in your first rowing session. If you have any questions or require further clarification on any of the points mentioned, please speak to the Captain, Coach or Coxswain.

On arrival, please make yourself known to the Coach or Coxswain. You may be required to wear a life jacket during the session. A safety briefing will be issued before the session commences.

The Coxswain must be obeyed at all times.

Name:	
D:O:B:	
Email Address:	
Phone:	
Emergency Contact Name:	
Phone:	

Temporary Membership Category				Paid
Please tick				
Back to Basics	<input type="checkbox"/>	4 week course	£30.00	<input type="checkbox"/>
Learn to Row	<input type="checkbox"/>	4 week course	£20.00	<input type="checkbox"/>
Day membership	<input type="checkbox"/>	Corporate and Visitors	£5.00	<input type="checkbox"/>
Taster Session	<input type="checkbox"/>	3 Sessions New Rowers	Free	<input type="checkbox"/>

Cheques payable to 'Tamar & Tavy Gig Club'

It is your responsibility to make sure your rowing sessions are signed for. Please ask your Cox / Session co-ordinator to sign and date the appropriate box below.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When the course is completed, please forward the form to the **Membership Secretary: Mel Cotton, Mount Tamar, Bere Alston, Devon PL20 7HL or Email: mounttamarmel@gmail.com Tel: 01822 840206 and 07740406474**

(For office use only)

Full member		Date		Amount Paid	
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HEALTH & SAFETY STATEMENT

Health

Rowing and its associated training is a physically demanding sport. You should be in good health and have no medical or physical condition precluding heavy exercise.

IF THERE IS ANY DOUBT YOU SHOULD FIRST CONSULT YOUR DOCTOR

Some conditions such as asthma and diabetes do not prevent individuals participating in the sport but you do have a **DUTY TO DECLARE ANY CONDITION THAT MIGHT PUT YOURSELF OR OTHERS AT RISK**. Coxes and team captains should be made aware of any condition you have which they may have to deal with in the event of an emergency.

Are you affected by any medical condition which requires regular treatment, or taking medication which the club should be aware of?			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Y

N

If yes, please give details below:

In the interests of Health & Safety certain health conditions will be shared with the captain, coxswain or coach but this will be on a strictly 'need to know' basis. Otherwise, all details declared above will remain confidential.

Swimming Ability

For your own safety it is important that you can swim a minimum of 100 metres in light clothing. Some rowers prefer to wear a lifejacket. However, **if you cannot meet this requirement you must wear a lifejacket at all times when afloat.**

Are you able to swim 100 metres in light clothing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Y

N

Declaration

I declare that the information in this statement is correct to the best of my knowledge.
I consent to medical treatment being given in the event of an emergency
I agree to abide by the club rules and constitution
(available on the website or hard-copy on request)

Signed:

Print name:

Date: