

# Learn to Row Course - Registration Form

(Please use BLOCK CAPITALS)



I wish to participate in a Learn to Row course beginning on .....  
at Durham Amateur Rowing Club.

Full Name .....

Full Address.....

.....Post Code.....

Date Of Birth..... Tel. No.....

Occupation..... E-mail.....

Previous Club / Sport (if any).....

I am primarily interested in rowing for: recreation / racing / indoor rowing / coxing / I don't know yet  
(circle all that apply)

Emergency Contact – Name..... Tel No.....

(Must be Parent / Guardian contact for participants under 18)

## Course Fee

I enclose the course fee of £60 (cheques payable to **Durham ARC**) OR

I am aged 40-74 and would like to be considered for a free course (delete as appropriate)

## British Rowing Membership

By signing below I give my permission for my personal details to be passed to British Rowing so that I can become a member of British Rowing.

## Photographs

By signing below I give my permission for photographs to be taken of me during the course, and for them to be used by the club for marketing and publicity purposes.

## Personal Health

Please answer the following questions: -

Delete as Appropriate

- |   |          |
|---|----------|
| 1) Are you able to swim 100m in light clothing and shoes?                         | Yes / No |
| 2) Have you been diagnosed with heart condition or high blood pressure?           | Yes / No |
| 3) Do you have Asthma / Epilepsy / Diabetes?                                      | Yes / No |
| 4) Do you ever have chest pains or feel faint or dizzy?                           | Yes / No |
| 5) Have you had any operations / injuries that may limit your ability to row?     | Yes / No |
| 6) Are you currently on medication?   | Yes / No |
| 7) Are there any other factors / conditions that might limit your ability to row? | Yes / No |

If you have answered No to question 1 above, you will still be able to participate in the course, although there may be various conditions put on what you can do, in accordance with British Rowing guidance, e.g. you may be required to wear a life jacket.

If you have answered Yes to question 2-7 above we advise you to contact your doctor and seek medical approval before beginning to row.

Rowing and the activities associated with it can be strenuous and any activity on water can be potentially dangerous. Whilst the above conditions do not necessarily affect participation in the course, participants have a **duty to declare any conditions** (including swimming ability) that might put themselves or others at risk to the course leader, so that appropriate steps can be taken to ensure your own safety and the safety of others. By signing below I accept this.

Signed..... Date.....