

DURHAM AMATEUR ROWING CLUB

City Boathouse, Green Lane, Durham, DH1 3JU

Tel: 0191 3866431 Website: www.durham-arc.org.uk



Easter Course – 5 days, Monday 9 April to Friday 13 April 2018

Junior Learn to Row Application Form

(Please use BLOCK CAPITALS)

Date.....

Full Name of Applicant.....

Full Address.....

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

Date Of Birth..... Current School Year:

Tel. No..... E-mail.....

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

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

(Must be Parent / Guardian Contact for Junior Members)

Course fee

I enclose the course fee of: £65 *Cheque payable to Durham ARC*

Received By Date.....

Declaration of Personal Health / Swimming Proficiency

Applicants WILL NOT be accepted without this declaration being signed by the applicant (or Parent / Guardian if under 18 years if age).

‘I have completed the Personal Health / Swimming Proficiency overleaf and declare that I meet the swimming requirement and have no need to seek medical approval to row / have been passed medically fit to row*’ (*delete as appropriate).

Applicant’s Signature..... Parent / Guardian

Signature.....

P.T.O.

Personal Health / Swimming Proficiency Form

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

Rowing and the training associated with it can be strenuous and any activity on water can be potentially dangerous. Whilst the above conditions do not necessarily affect training applicants have a **duty** to the club to **declare any conditions** that might put themselves or others at **risk**.

Sponsorship and Prize Money

The applicant hereby agrees that any remuneration from sponsorship or commercial activity related to rowing is the property of Durham Amateur Rowing Club.

Data Protection Act

Details given on this form may be stored on computer for internal club administration only. Details will be available only to those on the executive committee and will not be disclosed to any outside organisations. Any health related information might be passed on to coaches if it is considered relevant.

Child Protection

All members of the club must accept the policies and procedures relating to Child Protection as set out by the British Rowing and accept them as a condition of membership. The British Rowing policy on child protection is available in the clubhouse.

Parents and Guardians

By signing this form, I agree to my son/daughter/child taking part in the activities of the club. I understand that I will be kept informed of the timing and nature of these activities. For purposes of coaching & publicity photography may be used, please contact us if you do not wish your child to be included in these sessions.

I understand that in the event of any injury or illness all responsible steps will be taken to contact me, and to deal with that injury/illness appropriately.

Print Name.....Signature.....Date.....