

DURHAM AMATEUR ROWING CLUB



City Boathouse, Green Lane, Durham, DH1 3JU

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

Learn to Row Application Form

April 28th – 8 Weeks. Sunday 11:30-13:30

(Please use BLOCK CAPITALS)

Date.....

Forename.....Surname.....

Full Address.....

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

Date Of Birth.....

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 £95 *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 of age).

I have understood the Personal Health / Swimming Proficiency considerations 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).

I agree to comply with British Rowing rules, the rules of the club and abide by the club's code of conduct and policies.

Applicant's Signature.....Date.....

Parent / Guardian Print NameSignature.....Date.....

Terms and conditions of membership overleaf.

Terms and Conditions of Membership

Personal Health / Swimming Proficiency

Please consider the following questions: -

- 1) Are you able to swim 100m in light clothing and shoes?
- 2) Have you been diagnosed with heart condition or high blood pressure?
- 3) Do you have Asthma / Epilepsy / Diabetes?
- 4) Do you ever have chest pains or feel faint or dizzy?
- 5) Have you had any operations / injuries that may limit your ability to row?
- 6) Are you currently on medication?
- 7) Are there any other factors / conditions that might limit your ability to row?

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**.

Club Rules and Constitution, Code of Conduct

All members accept on joining that they will abide by the clubs constitution and bye-laws (available on the club website & displayed in the clubhouse). In addition members will observe the clubs code of conduct and policies.

Volunteering

As a member volunteering is crucial aspect of the club's operation and members agree to assist when possible in line with the club's volunteering policy.

Data Protection Statement

Durham Amateur Rowing takes the protection of your personal data seriously. Personal data collected during the application process will only be used in accordance with the Club's Privacy Notice, which can be found on our website. New and prospective members are advised to review the Club's Privacy Notice prior to submitting their Application Form. A printed copy of the Privacy Notice can also be obtained from the Club's General Office on request.

Durham ARC will never sell your data to third parties.

Safeguarding

All members of the club must accept the policies and procedures relating to Safeguarding as set out by British Rowing and accept them as a condition of membership. The British Rowing policy on Safeguarding is available on their website and displayed in the clubhouse.

Parents and Guardians

By signing this form overleaf, 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.