



Beccles Rowing Club – Adult Membership Form Season: October 2018 – September 2019

Name:			
Address:			
Telephone – Home		Date of Birth	
Telephone – Work		E-mail address	
Telephone – Mobile		Occupation	
British Rowing Number		Sculling Points	
Coaching Qualifications		Rowing Points	
<p>Medical History – If you have ever experienced, or are currently suffering from, any of the following, please indicate this below. This information will be kept confidential and is important to ensure your wellbeing as an athlete and to ensure appropriate checks and preparations are in place to allow your safe participation at Beccles Rowing Club.</p>			
Condition		Details	
Asthma	Y/N		
Epilepsy	Y/N		
Diabetes	Y/N		
Bronchitis	Y/N		
Blackouts	Y/N		
Ear (Balance/Hearing) Problems	Y/N		
Visual impairment	Y/N		
Muscular/skeletal injuries (e.g. back, wrist)	Y/N		
Do you suffer from any allergies?	Y/N		
Are you currently taking any form of medication?	Y/N		

Membership Fees		Due from 1st October each year
Full Membership £15 / month or	£180	Fees can be paid annually with a cheque payable to Beccles Rowing Club or by monthly standing order- contact the club secretary for the account details.
Low Income £10.93 / month or	£131	
Full Time Education £10.93 /month or	£131	
Family Membership		First Member pays full fee Subsequent members pay fees less £2 per month (£24 p.a.)

Your Personal Health

Rowing and its associated training can be a strenuous activity. You should therefore 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, for example, 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**. Likewise you have a **duty to declare any change** in personal health whilst a member of the Club that may put yourself or others at risk. It is important therefore that you inform those around you e.g. coaches and crew members, of any condition they may have to deal with in the event of an emergency.

Your Swimming Ability

For your own safety it is important that you are a competent swimmer. At a minimum you must be able to swim 50 metres and tread water for 2 minutes in light clothing. The club will regularly hold swim tests and training in capsized procedures to demonstrate not only your competence, but also your confidence under the water, swimming on your front and back, besides your ability to tread water.

Declaration of Your Personal Health & Swimming Proficiency To

be accepted as a member you must sign this declaration.

I have read and understood both the Personal Health and Swimming Ability statements above and declare that I can meet the minimum swimming requirements and I have no need to seek medical approval / have been passed medically fit* to row and I agree to inform the club/coaches/crew of any change in my personal health/swimming proficiency that may put myself or others at risk.

I have read the Club Rules, By-Laws and Safety Code.

I have given details of any special medical conditions overleaf (e.g. asthma, allergies)

Applicants Signature

Date

I will be paying by: cheque/standing order/bank transfer*

*(Delete as applicable)