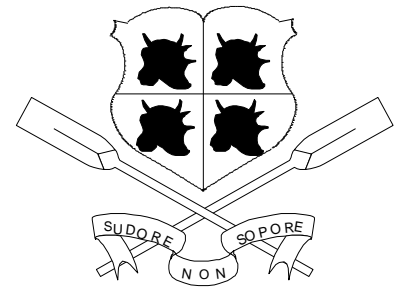


# St. Ives Rowing Club

25, The Broadway, St. Ives, Huntingdon, Cambs. PE27 5BX

Tel: 01480 492384



## Membership Application Form

Before **ANY ACTIVITY** takes place at the club this form must be completed in **BLOCK CAPITALS** with **LEGIBLE WRITING**. Please hand this form to a club member on your first visit.

### Personal & Emergency Contact Details

Title.....Surname.....Forenames.....

Address.....

.....Postcode.....

Email.....

Tel No (home)..... (Mobile).....

Emergency name and Contact number.....

Have you rowed before?  Yes  No Rowing points ..... Sculling points .....

British Rowing Registration No: .....

### Please complete if you are under 18 on 1<sup>st</sup> January last.

Date of birth ..... Age on application .....

### Membership Categories

Membership is from 1<sup>st</sup> May to 30<sup>th</sup> April.

Please tick membership applied for:

Senior £252.00  Junior (under 18) £150.000  Student £120.00  Associate £100.00  Social/Cox £10.00

Racking & EA fee £136.40.

1 month Introductory membership £30.00 – A cheque payable to **St Ives Rowing Club** must accompany this application.

Payment of annual fees can be made by;

- Cheque: payable to **St Ives Rowing Club Subs Account**
- Direct electronic bank transfer: **St Ives Rowing Club Subs**, Sort Code: **77-72-09**, A/c No: **21972668**, quoting member's name as reference.
- Standing Order: monthly payments of £21.00 made to the subs account (details above), quoting members name as reference (senior membership only).

### OFFICIAL USE ONLY

Date form received..... Form received by..... Fee.....

Proposed by..... Seconded by.....

Date Applicant Accepted..... Membership No.....

## Health and Safety

Rowing and its associated training can be a strenuous activity. You should therefore be in good health and have no medical or physical condition that precludes this. Anyone who might be at risk due to a prior or existing illness or injury is advised to consult their medical practitioner prior to any exercise. Some conditions do not prevent individuals from participating in this sport, but you do have a duty to declare any condition which may put you or others at risk. Likewise you have a duty to declare any change in personal health or swimming proficiency, at any time whilst continuing to be a member of the club, which may put yourself or others at risk.

Do you suffer from any medical condition that may affect your ability to row?  Yes  No

Is the condition under control?  Yes  No

### Details:

For your safety it is important that you are a competent swimmer able to swim at least 50 metres in light clothing. If you cannot meet this requirement you must wear a lifejacket or buoyancy aid at all times when in a boat. The club will hold annual swim tests and training in capsizing procedures. You will be expected to attend these sessions.

I am able to swim 50 metres in winter rowing kit (track suit etc.)  Yes  No

I am able to tread water for 2 minutes  Yes  No

I am a qualified first aider  Yes  No Details.....

I have a lifesaving qualification  Yes  No Details.....

I have rowing / coaching qualification  Yes  No Details.....

## Declaration

I apply to join St Ives Rowing Club (SIRC) and I confirm that I am at least 18 years old. I agree to abide by the rules of SIRC and the safety instructions/guidelines issued by any officer of SIRC, appointed coaches and/or displayed in the club/boathouse. I agree to be responsible for the behaviour and actions of both myself and any non-member introduced to the club premises or property by me. I have no need to seek medical approval or have been passed medically fit to row. I agree to inform SIRC, coaches or crew of any change in my personal health. I understand I may be asked to help with a fair and reasonable share of activities which help towards the maintenance of SIRC or social/rowing events organised by the club. I understand the personal information I provide will be held by the club in accordance with the Data Protection Act 1988 and will be used to provide membership services to me.

Signature of applicant ..... Date.....

### Please complete if applicant under 18 on 1<sup>st</sup> January last.

The below signatory gives confirmation that all the above information is true & accurate and approves of this junior being involved in all rowing related activities which are associated to and with SIRC.

The below signatory gives confirmation that someone associated with SIRC can act 'in loco parentis' for the administration of emergency first aid or other medical attention to the junior should the need arise.

Signature of parent/carer /guardian..... Date.....

## Photograph & Video Declaration

Photographs may be taken at club events and videos may also be taken from time to time (for the purposes of technical coaching only). The club holds the right to use any photographs taken to promote SIRC and its activities in various media such as the website, printed materials and news/publicity. The below signatory confirms that any applicant's photographs and/or videos can be used for the purposes described above.

Signature of applicant/parent/carer/guardian..... Date.....

As a member of St Ives Rowing Club you need to be aware of club / boat safety. To provide evidence of your understanding of this, can you please complete this safety questionnaire?

Name of Applicant: .....  
Please submit with your application for membership.

Please use Club induction located on the club website to research your answers.

Q1. Before Boating what should you check?

Q2. What is Boat Booking Board used for?

Q3. With the Traffic Light System what do the following Colours mean?

Red?

Yellow?

Green?

Q4. List 3 items that should not be worn for rowing?

Q5. What is the golden rule in the event of a capsize?

Q6. If you have an incident, who should you report it to and in what timescale?

Q7. Who is responsible for safety?