



Charlestown  
Rowing Club

www.charlestownrowingclub.org.uk

**Senior Membership Application Form 2018**

<b>Name</b>		<b>Next of kin</b>	
<b>Address</b>		<b>Relation</b>	
<b>Postcode</b>		<b>Address</b>	
<b>DOB:</b>			
<b>Tel Mobile:</b>		<b>Tel Mobile</b>	
<b>Tel Home</b>		<b>Tel Home</b>	
<b>E-Mail:</b>			

<b>RENEWAL OF MEMBERSHIP</b>	<b>Tick Box</b>	<b>Annual Subscription</b>	
Full Adult Rowing: (16 & over)		£88	
Student: 16 – 21 & in full time education		£60	
Social: (non-rowing)		£20	
<b>NEW MEMBERSHIP</b>	<b>Tick Box</b>	<b>Annual Subscription</b>	<b>Pro Rata * Monthly Sum</b>
Full Adult Rowing		£88	£7.00
Student Member		£60	£5.00
Social: (non-rowing)		£20	N/A

<b>New Member ONLY</b>	Monthly cost x Number of Months left in Membership year e.g. Join in March = 10 x monthly sum; Join in April = 9 x monthly sum etc	<b>£</b>
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**I wish to apply for Membership of Charlestown Rowing Club.**

**I have read and understood the CHARLESTOWN ROWING CLUB POLICIES, SAFETY CODES and HANDBOOK and the BRITISH ROWING 'ROWSAFE' HEALTH AND SAFETY DIRECTORY and agree to abide by the Charlestown Rowing Club and CPGA rules and the BR Rowsafe.**

**Note:** Club Handbook, Policies and Safety information are available via website: [www.charlestownrowingclub.org](http://www.charlestownrowingclub.org)

<b>Signed .....</b>	<b>Date...../2018</b>
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Please return completed form and correct membership fee to:  
**Sheleagh Pears 3 The Old School, Charlestown Road, Charlestown PL25 3NL**  
(Cheques payable to Charlestown Rowing Club)

*Please now read the notes and complete the Declaration on the reverse.*

## NOTES AND DECLARATION

**1. HEALTH.** Rowing is strenuous exercise sometimes undertaken in locations remote from immediate health care, and if you have any concerns (and particularly if you have any of the conditions listed below) you **must** check with your GP before you participate in rowing or start becoming more physically active. Charlestown Rowing Club do not seek to record your personal health data and will rely upon your declaration of fitness to row and participate in other Club activities. Applicants for Membership or renewal of Membership should refer to British Rowing 'Rowsafe' (and specifically Section 8, Health) for further information on health and rowing and guidance relating to illness and conditions including the following;

- Cardiac Disease (including hypertension)
- Joint Injury or Illness
- Epilepsy
- Asthma
- Diabetes

**2. DATA USAGE.** Photographing / videoing of Club rowing activities and at events periodically occurs. These images may be published on the club website or social media or used as a training aid.

**3. SWIMMING ABILITY.** British Rowing 'Rowsafe' indicates that ideally, everyone taking part in rowing should be able to swim. Persons unable to swim are welcome to row, but must wear a Lifejacket at all times when on the water

### **DECLARATIONS**

I declare that I am not aware of any physical, mental or behavioral illnesses, injuries or conditions that I have which, when engaged in rowing or other club activities, may affect my personal health, safety or welfare; or the health, safety or welfare of the Coxswains and / or other crew or club members.

I consent to photographs and video images including me engaged in club rowing or activities or at events to be used for the purposes of promoting the club, events and membership packages or published on the club website or social media or used as a training aid.

I certify that I am able to:

- Swim at least 100 metres in light clothing (your usual rowing kit).
- Tread water for at least two minutes.
- Swim under water for at least five metres.

**YES**

**NO**

**Signed** .....

**Date**...../2018