RAME GIG CLUB (NOVICE ROWING DISCLAIMER)

ALL NOVICE ROWERS MUST DECLARE THEY ARE FIT TO PARTICIPATE.

Payment: - Guests (novices) of the club using the rowing and or fitness suite (after completing necessary fitness suite induction) do not need to be members and are allowed to have three tester sessions but thereafter must join the club (ask for current rates), but during these tester sessions you must pay a nominal charge agreed by the committee of the club for each session.

Fit to Row/Participate: - Novice rowers need be aware that rowing is very strenuous and if you have any medical/other problems you must seek medical advice to establish your fitness to row. This is an ongoing personal responsibility and must be taken into account by the novice/member whenever you take part in this activity.

Health & Safety: - Due to the nature of the sport it is important you understand that for you and the rest of the crews wellbeing, that at all times (when afloat especially) the Cox is in charge and all instructions must be followed without question. Also that at any other times you should conduct yourself in a manner which ensures the safety of yourself and other club members.

Signed below confirming that you are fit to row and will comply with the above.

Full Name	Telephone Number	Signature