

### Rame Gig Club (Novice Rowing Disclaimer)

Novice rowers are entitled to 3 trial rows prior to taking out full membership. An additional, full application form must be completed and accompanied with payment. Rowers wishing to take advantage of the Fitness Suite must also complete a Fitness Suite Induction. Full membership runs from 1<sup>st</sup> January to 31 December - (ask for current rates)

Title (Mr, Mrs, Miss, Other)			
Full Name (Christian Surname)			
Full Postal Address			
		Post Code	
Contact Phone Number			
Contact Mobile Number			
Email Address			
Date of Birth	Gender	Disability if any	Ethnicity

#### **ALL NOVICE ROWERS MUST DECLARE THEY ARE FIT TO PARTICIPATE.**

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

Signed \_\_\_\_\_ Date \_\_\_\_\_