

## RAME GIG CLUB

### Rower Disclaimer Form (Group)

**Group Leaders please sign below to confirm your group understands and can/will comply with the following:**

Rowing is very strenuous and if anyone has health problems they must seek medical advice to establish their fitness to row. This is an ongoing requirement whenever they go rowing.

For the whole crew's wellbeing, they understand that the coxswain is in charge, especially when afloat, and that instructions must be followed without question. Their conduct should at all times ensure the safety of themselves and other rowers.

Children under the age of 17 or anyone over 17 who is unable to swim 50m in light clothing will be required to wear a life jacket when afloat.

They can have up to 3 taster sessions before deciding if they wish to continue and become a member of the club.

Organisation Name: \_\_\_\_\_ Position: \_\_\_\_\_

Name: \_\_\_\_\_ Signature and date: \_\_\_\_\_

Name and contact details in the event of an emergency:			
Name	Age	Name	Age

Taster sessions are free but a donation towards club funds would be appreciated.

The information provided will be used for Rame Gig Club purposes only and will not be disclosed to any external sources other than in an emergency.

14<sup>th</sup> March 2018