

# RAME GIG CLUB

## Rower Disclaimer Form

**Please sign below to confirm you have understood and can/will comply with the following:**

Rowing is very strenuous and if I have any health problems I must seek medical advice to establish my fitness to row. This is an ongoing personal responsibility whenever I go rowing.

For my and the rest of the crews wellbeing, I understand that the coxswain is in charge, especially when afloat, and that instructions must be followed without question. My conduct should at all times ensure the safety of myself and other club members.

I must make the coxswain aware if I am unable to swim 50m in light clothing and will be required to wear a life jacket when afloat.

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

Name	Name and contact details of a person who can be contacted in an emergency	Signature and date

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