



We are very pleased to welcome you to Dover Rowing Club.

To ensure that we have the correct contact details for you, please insert the information requested below and return this form to the Club Secretary or the Junior Coach. If you are under 16 yrs please also ask your parent/s or guardian/s to complete and **SIGN Page 2** before it is returned. We will also use this information to ensure that you are kept informed about club events.

Surname:			
Forename:			
Address:			
Postcode:		Date of Birth:	
Home Telephone Nr:		Mobile:	
E-Mail address:			
Gender:	Male / Female		
School:			

PAYMENT OF FEES

Fees can be paid on a monthly basis by standing order/direct debit (*which is our preferred method of payment*) or a once yearly payment. Please set up your SO/DD with your bank and confirm when it is done.

Please note a re-joining fee of £45 may be payable should you fail to maintain your monthly payments.

BANK DETAILS

Account Nr: 51515942 / Sort Code: 40-19-23 / Account Name: Dover Rowing Club

MEMBERSHIP FEES

JUNIOR Membership (under 18 years*) *£90.00 Year / £7.50 Month ☐

COXSWAIN (No rowing or gym use - coxing only) £ FOC ☐

*Full Adult membership will be due from the 1st of the month following your 18th birthday

BRITISH ROWING ROW Membership (Optional)

Note: Please check BR Membership website for up to date costs Please join British Rowing directly – <https://www.britishrowing.org/join/#row>

I apply for membership of DOVER ROWING CLUB as indicated below and do hereby agree to abide by the constitution and by-laws of the club including the water safety rules, and any amendments made, there to by those empowered, and enclose with the application the appropriate standing order slip/subscription.

I declare that I can swim at least 100 metres in the sea with rowing kit and in the event of my not being able to swim this distance I will wear a lifejacket and do not hold the club responsible for any accident, which may occur through my inability to swim.

See next page for the 'on the water' required criteria.

SIGNATURE OF APPLICANT: DATE JOINED:

SPORTING INFORMATION

Have you tried Rowing before? Yes ☐ No ☐

MEDICAL INFORMATION

Do you consider yourself to have a disability? Yes ☐ No ☐

If yes, what is the nature of your disability?
.....
.....

Do you have any medical or physical condition precluding heavy exercise? Yes ☐ No ☐

Please detail below any important medical information that our coaches/junior coordinator should be aware of (e.g. epilepsy, diabetes, etc.)
.....
.....

Is your child currently taking any form of medication that relates to the above?
.....

EMERGENCY CONTACT DETAILS – TO BE COMPLETED BY PARENT/GUARDIAN

Please insert the information below to indicate the person(s) who should be contacted in the case of an incident/accident:

Contact name (eg, parent/guardian):

Emergency contact number:

By returning this completed form, I agree to my son/daughter/child in my care taking part in the activities of the club.

I understand that I will be kept informed of these activities – for example timing and transport details.

I understand that in the event of any injury or illness all reasonable steps will be taken to contact me, and to deal with that injury/illness appropriately.

As part of our Child Welfare Procedures, we require confirmation that you agree that you child's picture may be caught on digital image whilst taking part in rowing activities.

Yes ☒ No ☐

CRITERIA FOR JUNIOR ROWING MEMBERSHIP

- All yr. 7's may use the ergos.
- Before they may row on the water they must satisfy the following:
 - Complete a capsized drill.
 - Swim at least 100 metres in light clothing (rowing kit).
 - Tread water for at least two minutes.
 - Swim under water for at least 5 metres or be able to hold their breathe under water for the equivalent time (If they cannot complete the swim part of the test they will be required to wear a life jacket).
 - Complete a 1 km ergo in less than 5 minutes 30 seconds.
 - Lift and carry (between two) on their shoulder, down the beach and back up again, a 30 kg bar.
 - Be able to sit in a boat, holding their blades, without the shoulders shrugged, with their elbows bent at 90 degrees.

Name of Parent/Guardian:

Signature of Parent/Guardian: Date: