



Southsea Rowing Club is run by volunteers for its members, and the onus is on *all* of its members to share the day-to-day running of the club. So please, whatever your skills, get involved. If you have specific skills or equipment that may be of use to the club then please note it under ‘Other info’ on the following page. All members are asked to contribute where needed, for example: bar duties, coaching, cleaning, help at events/regattas, building maintenance, fundraising.

Additional information

Occupation:	
Do you hold a clean UK driving licence, are aged over 25 and willing to drive the club minibus?	Yes / No
Do you also have category D1 + E and would be willing to drive the club minibus and trailer?	Yes / No
How did you hear about Southsea Rowing Club? What prompted you to consider rowing?	

Your signature below confirms that you have completed this form truthfully and have read and accept in full the conditions of membership outlined here.

<p>I agree to:</p> <ul style="list-style-type: none"> • Conform to the club’s rules, bye-laws and regulations for the time being in force • Adhere to the British Rowing’s Water Safety Code and take account of safety on and off the water at all times • Support the club and represent the club to the best of my abilities • Help with a reasonable & fair share of activities towards running the club including maintenance days • Allow my details to be held on the club’s membership database • Notify the membership secretary if medical conditions/contact details change, or I wish to terminate membership
<p>I understand that:</p> <ul style="list-style-type: none"> • Membership fees are non-refundable • The club has insurance cover for its boats while being used by fully paid-up members, but that if I require personal accident cover, I should contact my own insurer • Members are advised to join the British Rowing (www.britishrowing.org) (3months included in LTR Course) • All membership details will be held on computer and used for club administrative and safety purposes only. Personal details will not be disclosed to any 3rd parties except British Rowing, as the national body of our sport. (www.britishrowing.org/about-us/policies-publications/policies)
<p>I certify that:</p> <ul style="list-style-type: none"> • My health is my own responsibility, and I have read and understand the health note below • I am a competent swimmer and able to swim at least 50 metres in light clothing (active rowers only)
<p>Health Note: Regular exercise may include some risk. Before beginning a regular exercise programme, you may wish to consult your doctor, especially if you are over 40 years of age and have not done any regular exercise for the past 5 years; smoke; have high blood pressure/cholesterol; have any signs/symptoms of any disease; experience chest pains/dizziness/loss of consciousness; are recovering from a serious illness or surgery; have a pacemaker or another implanted electronic device; have any other concerns about your ability to undertake regular exercise. Please let your coach know if you are under doctor’s advice regarding exercise.</p>

Fees and payments

- I attach a cheque payable to “Southsea Rowing Club” for the sum of £ to cover my initial subscription fee as advised by the membership secretary.

Signature:

Date: