



Chester-le-Street Amateur Rowing Club  
Donald Owen Clarke Centre  
Riverside Park  
Chester-le-Street  
Co. Durham  
DH3 3SJ  
Website: [clsarc.org](http://clsarc.org)

## Senior Membership Form (2017 v1)

Thank you for expressing an interest in rowing and joining our rowing club. We aim to cater for all standards of rowing from the social rower through to top competition and pride ourselves on our family atmosphere. We are affiliated to British Rowing and the Northern Rowing Council.

If you go onto row competitively you will need to apply to British Rowing for a Rowing Licence. Membership does not include entry fees for Regatta and Head racing, the club will also charge you a small amount towards transport costs of taking boats to these events.

Rowing activities on the water and associated training can be performed safely if we manage the risks. Part of risk management is gathering information on health and swimming proficiency. This information is confidential but important to ensure your welfare as a participant. Our club follows the national body guidelines and all coaches and assistants are qualified for the activities they control including safety awareness. The club will regularly hold swim tests and training in capsizing procedures.

Please provide the personal information requested below, as it is important we have your correct contact details.

**Please complete in block capitals.**

<b>Name</b>	
<b>Date of birth</b>	
<b>Address</b>	
<b>Post code</b>	
<b>Email</b>	
<b>Emergency contact</b>	
<b>Emergency telephone</b>	



# Declaration of Health and Swimming Ability

(please delete as appropriate)

Do you have any special needs that our coaches should be made aware of?

**Yes / No**

If yes please give details

Do you suffer from any known medical or physical condition that may affect you during physical exercise?  
(If not sure please contact your doctor) This information is confidential but important to ensure that appropriate checks or preparations are in place to allow for you participate in rowing.

**Yes / No**

If yes please give details

Can you swim 50 meters in light clothing?

**Yes / No**

Can you swim 5 meters underwater?

**Yes / No**

Is there anything else we need to know about that may affect your ability to train, row or to take charge of a boat?

**Yes / No**

If yes please give details

**Please note you have a duty to declare any condition that might put yourself or others at risk.**

# Consent

This section should be completed before any activity is undertaken

- I apply to become an adult member of Chester-le-Street Amateur Rowing Club.
- I understand that all crews are selected by the captain and the head coach based upon on a squad basis with the objective of maximising participation, performance, individual improvement and club progression.
- I understand that in an event of any injury or illness all reasonable steps will be taken to contact the emergency contact (if deemed appropriate). However, if the contact is not available then I give permission for first aid to be administered or where necessary, treatment by a suitably qualified medical practitioner.
- Again, if the emergency contact is not available I authorise a qualified medical practitioner to provide emergency treatment or medication.
- I have read and agree to uphold the club rules.

Signature .....

Print Name .....

Date .....

Club rules can be found on the club website.

When you have completed the form please send or email it to the club secretary who will submit it to the next appropriate committee meeting for approval.

If you have any queries or concerns about completing this form please contact the club secretary.

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Tear along the dotted line and keep for your records

All fees are payable in full to the club treasurer on the 1st April every year or on the 1st of each month by standing order (**12 payments must be paid within the year**). Fees for current year can found on the club website.

Cheques to be made payable to **Chester-le-Street Amateur Rowing Club**.

Standing Orders to be made to Sort code **20 27 41** Account **33611027**.