

Are you a competent swimmer capable of swimming at least 50 metres in light clothing?	Yes	No
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How would you specify your current activity level:

***Health note:** Regular exercise may include some risk, especially for those who have been sedentary. Before beginning a regular exercise programme, you should consult your doctor if you are: over 40 and have not done any regular exercise for this past five 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*

Any change in either medical circumstances or home or emergency contact details should be notified to the Club without delay.

THE SMALL PRINT:

Your signature below confirms that you have read and accepted in full the conditions of membership outlined here:

- I apply to become a Learn to Row member of Hereford Rowing Club
- I have read and agree to uphold Hereford Rowing Club's Rules, Code of Conduct and Bye-Laws (available on notice board)
- I agree to adhere to the British Rowing Water Safety Code and take account of safety on and off the water, at all times
- I agree to support the club to the best of my abilities
- I will notify the Membership Secretary should my details change or if I require membership termination.
- I agree to my details being held on the Club's membership system.
- I understand the club has insurance cover for it's boats, however the club does not provide personal accident cover, and if I want this I should contact my own insurer.
- I certify that my health is my own responsibility but that I will advise the co-ordinator if there are any issues which may affect my participation in the course.

What assistance or duties would you be willing to occasionally undertake for the Club?
Please circle if applicable: Maintenance / Transportation / Social / Kit / Membership / Safety / Other (please state):

Please circle any particular skills if applicable:
Boat Building / Carpentry / Cooking / Decorating / Electronics / Gardening / IT Hardware / IT Software / Plumbing / Welding

I attach a cheque to "Hereford Rowing Club" for the sum of £50
I have written my full name, telephone number and email address on back of cheque

Applicants Signature: Date:

Club officers and coaches are unpaid. Subscriptions pay for the costs of running the rowing club and where possible buying new boats and equipment.

Please note that during training sessions and regattas, photographs and videos may be taken and these may be used for publicity purposes. By signing this document you are allowing your image to be used by HRC.