

## JUNIOR TEMPORARY MEMBERSHIP APPLICATION FORM

I wish to become a **Temporary Junior** member of Derwent Rowing Club for a period of **4 weeks**, after which time, if I wish to continue as a member of the club, I will complete a Club Membership Application Form.

***It is a condition of membership of Derwent Rowing Club that all members abide by the Child Protection Procedures, which are in place as required in the club's affiliation to British Rowing.***

Junior membership is available to those who have not attained their 18 <sup>th</sup> birthday on the preceding 31 <sup>st</sup> August.	
Juniors Name:	
Date of Birth	
Address	
Parents /Guardian Name	
Tel Home	
Parent/ Guardian Mobile(s)	
Parent/ Guardian E Mail (this email address will be added to a distribution list for general club communications)	
<b>Other Emergency Contact Details</b>	<b>(Friend/ Relative)</b>
Name	
Tel Number	
Relationship to Junior	

<b>Swimming Ability</b>			
For your child's safety it is important that they are a competent swimmer. At a minimum they must be able to swim 50 metres in light clothing.			
The club will hold swim tests and training in capsize procedures, not only to demonstrate their competence but also confidence under the water, swimming on their front and back and ability to tread water.			
Can the junior swim 50m in sports kit, tread water for 2 minutes and swim 5 meters underwater?	Yes/ No	Have you ever done a capsize drill at another club (within last 3 years)	Yes/ No
	<b>If your child cannot meet this requirement they must wear a lifejacket or buoyancy aid at all times when in a boat.</b>	Which Club and Date?	



# DERWENT ROWING CLUB



I consent that my child may be taken onto the water under the supervision of Derwent Rowing Club, and that Derwent Rowing Club has permission to act on my behalf in administering emergency first aid or other medical treatment to the child named above if the need arises.

I agree that I have read the notes to participants( see over page) and my child will abide by the club's rules.

## **SIGNATURES:**

**Junior Applicant** ..... **Date** .....

**Parent/ Guardian Signature** ..... **Date** .....

**Club Official Check on Medical Declaration**..... **Date** .....

**Date of First Session** \_\_\_\_\_ **Fee Paid.**      **Y/N**

**Date of First Renewal** \_\_\_\_\_ **Fee Paid**      **Y/N**

**Date of Second Renewal** \_\_\_\_\_ **Fee Paid**      **Y/N**

**Please take away this sheet for reference.**

## **NOTES FOR PARTICIPANTS/ TEMPORARY MEMBERS**

**ALL PARTICIPANTS MUST COMPLETE AN APPLICATION FORM BEFORE USING CLUB EQUIPMENT & FACILITIES OR BOATING.**

Welcome to Derwent Rowing Club. In order that your time at the club is as enjoyable and safe as possible please note the following information.

### **Safety on the Water**

The British Rowing Water Safety Code (RowSafe) covers all aspects of safety in rowing activity and a copy of the code is displayed on the Water Safety Notice Board.

**In the unlikely event of a capsized - stay with the boat as this is your floatation device and makes you easier to see by other river users.**

### **Clothing**

When training, especially in cold conditions, make sure that you wear lots of thin layers rather than one or two thick ones, a hat is a useful piece of equipment which minimises heat loss. Gym attire is appropriate for your first session, t-shirt and leggings/shorts.

Hoodies and tops with open pockets, or jeans are **NOT** suitable for rowing

As a beginner at the club you will be required to wear a high visibility top (provided at club) and a buoyancy aid until a capsized drill has been completed.

Bring a bottle of water with you.

### **Session Times**

Session times are determined by the captain and you will be advised when you are able to get on the water, or use the club facilities.. At times it may not be possible due to prevailing weather or unsuitable river conditions, in which case land training may be offered as an alternative. River Safety during the sessions is covered by an experienced person on the landing stage. 999 calls will be made from mobiles.

### **Accident Book**

The accident book is kept in the boathouse and any incident that involves injury to an individual or damage to equipment, however small, **MUST** be entered in this book.

### **Warming up and stretching**

This is essential at any time of year, but especially during colder conditions, as muscular injuries are far more likely to occur if you undertake activity without warming up. Your coach will be able to tell you the correct way to do this.

### **Child Protection Procedures**

Derwent Rowing Club adheres to the British Rowing Child Protection Procedures and a copy of this policy can be found online at [www.britishrowing.org](http://www.britishrowing.org)

### **Communication**

Details of training sessions and other important information will be communicated by email. Please ensure you give your correct email details.

All personal information provided will be treated in confidence and in accordance with the data protection act 1998.