



DERWENT ROWING CLUB



TEMPORARY MEMBERSHIP APPLICATION FORM

I wish to become a **Temporary** member of Derwent Rowing Club for a period of **4 weeks**, for which I agree to pay in advance a **Temporary Membership Subscription of £25.00**. This membership may be renewed twice (with payment of additional subscription), 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.

Name:		Date of Birth	
Address		Tel Home	
E Mail (this email address will be added to a distribution list for general club communications)		Mobile(s)	
Other Emergency Contact Details	(Friend/ Relative)		
Name		Tel Number	
Relationship to Member			

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

Applicant **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 capsizе - 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 capsizе 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, bur 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

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.