



**Tyne United Membership Application Form**

We are very pleased to welcome you to Tyne United Rowing Club

To ensure we have the correct contact details for you please fill out and sign this form and return to the Membership Secretary via the Club Post Box located in the lobby of the clubhouse.

**Personal Details**

First Name	
Second Name	
Title	
Address	
Post Code	
Date of Birth	
Daytime telephone	
Home Phone	
Mobile	
e-mail address	

**Emergency Contact Details**

Please insert the information below to indicate the person(s) who should be contacted in event of an incident/accident

Contact Name(s)	
Contact Number	

**Sporting Information**

Can you swim a minimum of 100m fully clothed?	Yes	No	
Have you rowed before?	Yes	No	
Are you a member of British Rowing?	Yes	No	

BR Number	
Current Sculling Points	
Current Rowing Points	

**Disability**

The Disability Discrimination Act 1995 defines a disabled person as anyone with ‘a physical or mental impairment, which has a substantial long-term adverse effect on their ability to carry out normal day to day activities

Do you consider yourself to have a disability? Yes  No

If yes what is the nature of your disability

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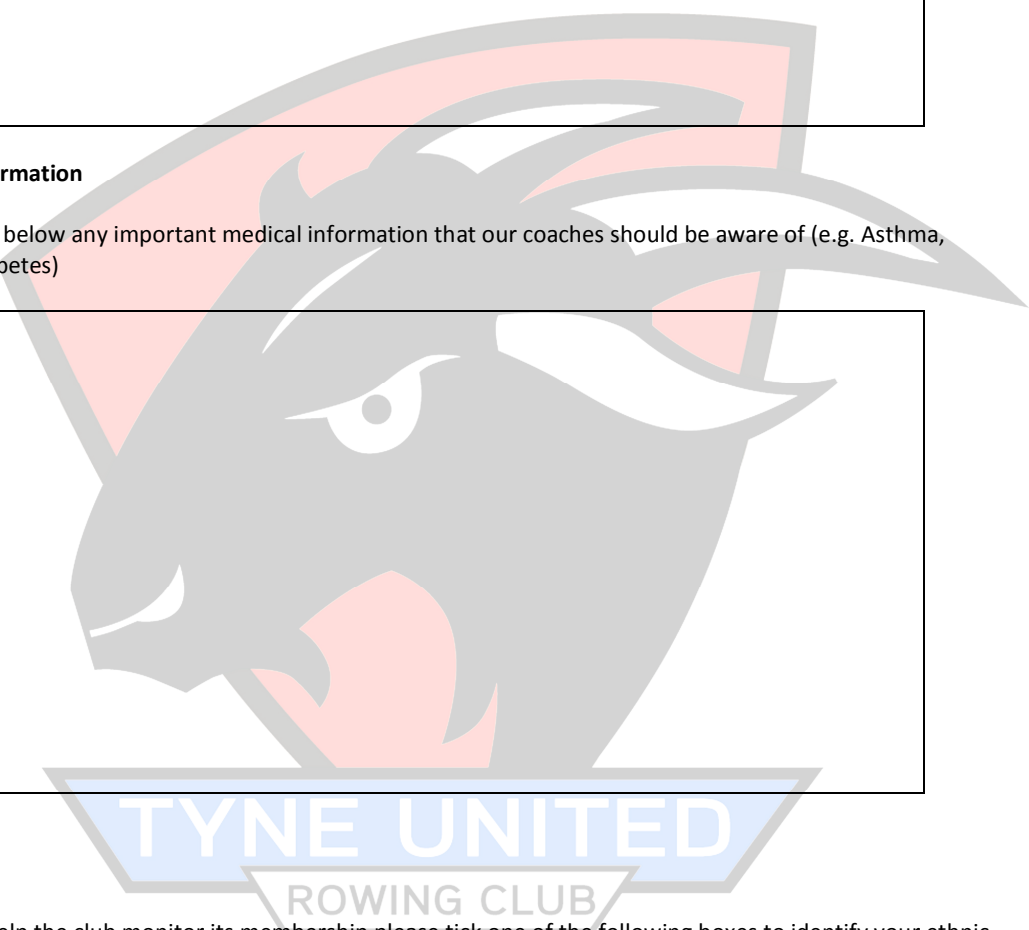
Please detail below any important medical information that our coaches should be aware of

Visual Impairment		Hearing Impairment	
Physical Disability		Learning disability	
Multiple disability		Other (Please specify below)	

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**Medical Information**

Please detail below any important medical information that our coaches should be aware of (e.g. Asthma, Epilepsy, diabetes)


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**Ethnicity**

In order to help the club monitor its membership please tick one of the following boxes to identify your ethnic group/origin

White		Black or Black British		Mixed		Asian or Asian British		Other	
<input type="checkbox"/>	British	<input type="checkbox"/>	Caribbean	<input type="checkbox"/>	White & Black African	<input type="checkbox"/>	Indian	<input type="checkbox"/>	Any other ethnic Group
<input type="checkbox"/>	Irish	<input type="checkbox"/>	African	<input type="checkbox"/>	White & Asian	<input type="checkbox"/>	Pakistani	<input type="checkbox"/>	
<input type="checkbox"/>	Other White Background	<input type="checkbox"/>	Other Black background	<input type="checkbox"/>	Other Mixed Background	<input type="checkbox"/>	Bangladeshi	<input type="checkbox"/>	

**All club members using the weights equipment will be required to sign a Club member compact and fill in a health screening questionnaire.**

- ✓ I wish to use the Weight Equipment in the gym shed
- ✓ I have been shown the appropriate material and understand the information shown to me in the DVD
- ✓ I agree that I must abide by the rules of the gym and not abuse the equipment or use it in an inappropriate manner
- ✓ I agree I must complete a warm up prior to using the weight equipment
- ✓ I agree I must wear appropriate sportswear and footwear when using the weight equipment
- ✓ I agree that the use of the weight equipment is undertaken at my own risk and will only use weights in a group
- ✓ I confirm that I do not suffer from any medical condition that would not allow me to use the weight equipment

### Health Screening Questionnaire

Adding weights to your training activities will provide additional benefits but come with additional risks. If you are planning to undertake more physical activity than you are used to then start by answering the questions below. If you are in doubt you should check with your doctor before you start.

Please read the questions carefully and answer them honestly, circle **YES** or **NO**.

1. Has your doctor ever said that you have a heart condition and that you should only complete physical activity recommended by a doctor? **Yes/No**
2. Do you feel pain in your chest when you do physical activity? **Yes/No**
3. In the past month, have you had chest pain when you were not doing physical activity? **Yes/No**
4. Do you lose your balance because of dizziness or do you ever lose consciousness? **Yes/No**
5. Do you have a bone or joint problem that could be made worse by a change in you level of physical activity? **Yes/No**
6. Is your doctor currently prescribing and medication for your blood pressure or a heart condition? **Yes/No**
7. Do you know of any other reason why you should not do physical activity? **Yes/No**

**IF YOU HAVE ANSWERED 'YES' TO ANY QUESTIONS**

Talk to your doctor **before** you start to exercise. Ask them to provide you with a medical clearance form. The medical clearance form should ask for advice from your doctor about any activities that you may not be able to participate in at this sports club.

**IF YOU HAVE ANSWERED 'NO' TO ALL QUESTIONS**

If you answered no honestly to all questions you can start to become more psychically active. The safest way to do this is to start slowly and build up gradually. The coaches at this sports club will be able to give you advice on how to begin.

*I have understood and answered all of the above questions honestly. I understand that I should not exercise if I feel unwell and that if my health changes I should inform your point of contact in the club.*

**Declaration**

- ✓ I Wish to join Tyne United Rowing Club
- ✓ I agree to abide by the conditions of membership set out overleaf and in the Clubs Constitution and Rules and Codes of Conduct as set out in the Club Handbook and Club mark Folder
- ✓ I agree to pay the membership fees as set by the club
- ✓ I agree to pay any regatta and trailer fees incurred by the Club on my behalf
- ✓ I understand all aspects of rowing is undertaken at my own risk
- ✓ I confirm that I do not suffer a disability or medical condition that may render me unfit for strenuous exercise and that I have declared any known medical conditions (i.e. Weight Training)
- ✓ I confirm that I am able to swim a minimum of 100m fully clothed
- ✓ I understand and agree that the personal data which I provide to the club will be held and used by the club in accordance with the principles of the Data Protection Act and may be used by the club for administering my membership of the club and for sending me information concerning the club and club events and activities from time to time.

**Conditions of Membership**

1. The Club is responsible for maintaining equipment in a safe condition and for ensuring that all boats comply with the current Water Safety Code published by the Amateur Rowing Association.
2. Members are responsible for:-
  - Complying with the Club Constitution and Rules and Codes of Conduct at all times. A copy is displayed in the boathouse and is available upon request from the Secretary.
  - Ensuring the safety of themselves and other water users by adhering to the local rules of the water and the ARA Water Safety Code posted in the boathouse.
  - Declaring on this form any condition which may restrict them from steering a boat or single sculling, including epilepsy – please ask or refer to Water Safety Code.
  - Ensuring that, before embarking on training, any known medical condition that may, as a result of physical training, have a detrimental effect their health, is notified to the Club on this form (if in any doubt, Members must consult their Doctor prior to undertaking any physical activity)
  - Reporting any relevant condition that arises during the term of their membership to the training co-ordinator responsible for organising their training.
  - Ensuring that they are capable of swimming (see declaration) and if they are non-swimmers this is clearly shown on the declaration on the application form. The Club will not allow non-swimmers to participate for safety reasons.
  - Using Club equipment under the supervision of a responsible member of the Club (this will normally be the stroke of a crew or a committee member if they are present in the crew).

- Novice/inexperienced members must not use any of the Club's equipment unsupervised.
- If a key holder, you are responsible for the security of the premises (see key holders guidelines).

If you own a boat, you are solely responsible for your safety and for ensuring that you carry adequate insurance to cover the cost of any accident that may give rise to damage to Club equipment, equipment belonging to other water users or personal injury to yourself or other water users (the British Rowing registration scheme carries personal insurance – contact the Club Secretary for an British Rowing registration form if you do not already have one).

Signed.....

Date.....

Print Name.....

