



## TALKIN TARN AMATEUR ROWING CLUB ADULT GYM MEMBERSHIP

### Members Details

**Name:**

**Address:**

**Postcode:**

**Phone Number:**

**Date of Birth:**

**Email address:**

### Emergency Contact: *Please give details of a person TTARC can contact in the event of emergency*

**Name:**

**Relationship to Member:**

**Phone Number:**

- I wish to join Talkin Tarn Amateur Rowing Club Limited.
- I confirm I am over 18.
- I agree to abide by the Conditions of Gym Membership overleaf.
- I understand that sport brings with it some risks and that I have a part to play in reducing risks to myself and to others.
- I take responsibility to ensure that I am healthy and well enough to partake in training
- I confirm I have been inducted to the Gym at TTARC and can use the equipment safely
- I confirm that I have completed the medical disclosure section overleaf
- I confirm that I have completed the photography section overleaf
- I confirm that my emergency contact can be made available to all members for use in an emergency

At TTARC, we take great care with all the Personal Data we hold, to ensure we comply with best practice and with the law. For a full copy of our Data Privacy Notice please see our website [www.talkintarnarc.co.uk](http://www.talkintarnarc.co.uk)

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 Data Protection Act and may be used for administering my membership and for sending me information about events and activities.

**Signed:**

**Date:**

## Conditions of Gym Membership

1. The Club is responsible for maintaining its premises and equipment in a safe condition and for ensuring that all equipment complies with the current standards.
2. Members are responsible for:
  - Familiarising themselves with British Rowing's Code of Conduct and following this at all times.
  - Ensuring the safety of themselves and other gym users by committing to the Club Safety Policy: reading and adhering to the British Rowing *Row Safe* guidance, Safety Rules and Safety Plans.  
*Club documents are on display at the Club and the Club web sites. Rowsafe is available on British Rowing web-site.*
  - Following club rules and byelaws. *These are on display at the Club and are on the British Rowing or Club web sites.*
  - Volunteering their time to aid with Club matters; this includes the following examples: boat shed maintenance and cleaning, coaching, being on the Committee or supporting with the Regatta etc.

## Photography

Talkin Tarn ARC may take photographs or videos of members at Talkin Tarn or at competitions. These may be used for publicity both on the web-site, social media and in print media and sign.

- Please tick the box to confirm you consent to photographs/videos being taken of you
- Please tick the box to confirm you consent to photographs/videos of you being used in Club publicity.

**Signed:**

**Date:**

## Medical Information

Gym training can be strenuous activity and potentially dangerous. You should therefore be in good health and have no medical or physical condition that would preclude heavy exercise.

It is your responsibility to ensure that it is safe for you to undertake training.

There are some conditions that do not prevent individuals participating in the sport, but you may wish to inform us of any condition that you might require help with.

Likewise it would be prudent to inform the Club of any change in personal health whilst a member of the Club that may put yourself or others at risk.

It is important therefore that you inform those around you e.g. coaches and other gym users, of any condition they may have to deal with in the event of an emergency.

For example if you have

- \* asthma and carry and inhaler
- \* an allergy and that you carry an epipen
- \* diabetes on insulin

Please list any conditions you wish to declare and whether you carry any emergency treatment with you. This information will be recorded confidentially and only available to supervising coaches.

Condition <i>e.g. Asthma</i>	Treatment and where can be accessed <i>e.g.inhaler- kept on me at all times</i>

**Signed:**

**Date:**

**Please return all pages of this signed form as a hard copy to:**

Membership Secretary, Talkin Tarn ARC, Talkin Tarn Country Park, Brampton, CA8 1HN  
It can also be left in the post-box outside the main door of the boatshed or in the red box in the Gym.

**Please make payment to:**

Talkin Tarn Amateur Rowing Club Ltd: Sort Code 20-18-47: Account No. 33960080.  
Please give your name as reference.

Fees are due monthly.

**Gym:** £15.75pcm