

Learn to Row at Talkin Tarn ARC – Registration Form



I wish to participate on a Talkin Tarn ARC learn to row course starting on the:

.....

Full Name:

Address:

..... Post Code:

Date of Birth: Tel. No.:

Occupation: E-mail: Previous

Club / Sport (if any):

I am primarily interested in rowing for: recreation / racing / indoor rowing / coxing / I don't know yet (circle all that apply)

Emergency Contact

Name: Tel. No.:

(Must be Parent / Guardian contact for participants under 18)

By signing below I agree for this emergency contact to be made available at TTARC for use in an emergency.

Course Fee

Course fee should be submitted to the club with this registration form. The course fee is £80 – payment can be made by bank transfer or by cheque (made payable to Talkin Tarn Amateur Rowing Club Ltd).

Please make payment to: Talkin Tarn Amateur Rowing Club Ltd: Sort Code 20-18-47: Account No. 33960080.

Please give your name and L2R e.g. SMITH L2R as reference.

British Rowing Membership

By signing below, I give permission for my personal details to be passed to British Rowing so that I can become a member of British Rowing.

Photographs

By signing below, I give my permission for photographs to be taken of me during the course, and for them to be used by the club for marketing and publicity purposes.

Personal Health

Please answer the following questions (delete as appropriate):

- | | |
|---|----------|
| 1. Are you able to swim 100m in light clothing and shoes? | Yes / No |
| 2. Have you been diagnosed with a heart condition or high blood pressure? | Yes / No |
| 3. Do you have Asthma / Epilepsy / Diabetes? | Yes / No |
| 4. Do you ever have chest pains or feel faint or dizzy? | Yes / No |
| 5. Have you had any operations / injuries that may limit your ability to row? | Yes / No |
| 6. Are you currently on medication? | Yes / No |
| 7. Are there any other factors / conditions that might limit your ability to row? | Yes / No |

If you have answered No to question 1 above, you will still be able to participate on the course, although there may be various conditions put on what you can do, in accordance with British Rowing guidance, e.g. you may be required to wear a life jacket.

If you have answered YES to questions 2-7 above, we advise you to contact your doctor and seek medical approval before beginning to row. Rowing and the activities associated with it can be strenuous and any activity on water can be potentially dangerous. Whilst the above conditions do not necessarily affect participation on the course, participants have a **duty to declare any conditions** (including swimming ability) that might put themselves or others at risk, to the course leader, so that appropriate steps can be taken to ensure your own safety and the safety of others. By signing below, I accept this.

Signed Date