

# 2018 Goring Gap Boat Club

## Application for TEMPORARY Membership

Please bring your completed application form to your first rowing session and give it to the Session Manager. Or scan and email to the membership Secretary: [membership@goringgapbc.org.uk](mailto:membership@goringgapbc.org.uk)



A guest can boat up to **TWO** times a year without charge by completing a temporary membership form. All outings by temporary members must be supervised by an experienced fully paid member of the club.

### NO temporary membership – NO boating – NO exceptions

Personal Details								
Title (Dr/Miss/Mr/Mrs/Ms)		Date of Birth		U18? <input type="checkbox"/>				
Forename(s)		Surname						
Home Address								
Post Code								
Home Tel. No.		Mobile Tel. No.						
EMAIL Address	Please ensure your email is provided & correct as this is how club updates are communicated. Tick this box if you would prefer not to receive email updates regarding weather conditions/cancelled sessions, club events and socials: <input type="checkbox"/>							
Emergency Contact Details								
Name								
Relationship								
Home Tel. No.		Mobile Tel. No.						
How did you find out about the club? <i>Tick any that are applicable</i>	Word of mouth	<input type="checkbox"/>	Local advert / paper	<input type="checkbox"/>	Local radio / BBC website	<input type="checkbox"/>	Internet search	<input type="checkbox"/>
	GGBC Go Row Day	<input type="checkbox"/>	GGBC Learn to Row course	<input type="checkbox"/>	Other, please state	<input type="checkbox"/>		

### Personal Health and Swimming Proficiency

- Rowing and its associated training can be a strenuous activity. You should therefore be in good health and have no medical or physical condition precluding heavy exercise. **If there is any doubt you should first consult your doctor.**
- Some conditions such as asthma and diabetes, for example, do not prevent individuals participating in the sport, but you do have a **duty to declare any condition that might put yourself or others at risk.**
- Likewise, you have a **duty to declare 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 crew members, of any condition they may have to deal with in the event of an emergency.
- For your own safety it is important that you are a competent swimmer. At a minimum you must be able to swim 50 metres in light clothing. **If you cannot meet this requirement you must wear a lifejacket or buoyancy aid at all times when in a boat.**

### STAGE 1 INDUCTION:

All temporary members should go through a basic Stage 1 Induction before they go out on the water. The Session Manager or other authorised committee member <sup>1</sup> can do this so let them know if this has not yet been completed. It covers:

- Everyone is responsible for safety – if it's unsafe, do something about it!
- You **MUST** be able to swim at least 50m in light clothing i.e. your rowing kit or you must wear a lifejacket.
- You must dress appropriately e.g. No jeans.
- Do you have any medical conditions that we need to be aware of?

<sup>1</sup> Authorised committee member is: Chairman, Secretary, Captains of Rowing & Boats.

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5. Remember to row within your ability i.e. level of skills, fitness and competence.
6. Take care on the pontoon, it can be slippery when wet.
7. If the boat capsizes – STAY WITH THE BOAT! Ensure everyone is there and wait for instructions from the cox.
8. Never start or stop rowing unless the cox has given their authority to do so. If you need a break, then tell the cox and they will stop rowing.
9. Basic safety commands:
  - To stop the boat quickly – “Hold it up!”
  - The safety-position or “easy” position – legs flat, arms out and blade flat on the water
  - The blades stabilize the boat, so don’t pull them inboard unless the cox tell you to, even if the blades get tangled in the trees.
  - Listen to the cox at all times.
10. There is a lot of terminology in rowing so if you have any questions then please ask the cox or a club member.
11. More safety information is available on the safety notice board in the shed and the club website.
12. If you notice any breakages, then let the cox know so they can report it.

### Applicant Declaration (& Permission if under 18 years old)

- I wish to become/remain a member of the Goring Gap Boat Club and I accept the club rules and conditions set by the elected committee. I have read and understood both the Personal Health and Swimming Ability statements above and declare that I:
  - CAN meet the minimum swimming requirements
  - CANNOT meet the minimum swimming requirements<sup>2</sup>.
- I have no need to seek medical approval / have been passed medically fit to row and I agree to inform the club / Session Manager / coaches / crew of any change in my personal health/swimming proficiency that may put myself or others at risk.
- I understand that all members must be inducted and that this includes the basic STAGE 1 Induction that ALL members receive which is a pre-requisite to boating for the first time. I also understand that I can also complete a Stage 2 Induction once I become a full member. The following applies to me:
  - I require the Stage 1 (basic) Induction – please tell the Session Manager if this is the case
  - I have already received a Stage 1 (basic) Induction as a temporary member.
- I accept that participation in rowing and sculling activities is undertaken at the member's own risk.
- ***If I am signing on behalf of a Junior (under 18 years old):*** I understand that I need to arrange for the named Under 18 to be accompanied & supervised at all times by a DBS<sup>3</sup> checked adult (e.g. Parent, other relative, family friend) when on Club Premises or engaged in Club Activities, both on or off the water and that the accompanying Adult must also be a member of Goring Gap Boat Club.<sup>4</sup>
- I certify that the details above are correct.

**New Temporary Member's Signature (if over 18):**

**Date:**

*For Junior members (u18):*

**Parent/Guardian Name:**

**Relationship:**

**Parent/Guardian Signature:**

**Date:**

<sup>2</sup> If you cannot meet the swim requirement you must wear a lifejacket or buoyancy aid at all times when in a boat.

<sup>3</sup> DBS = 'Disclosure & Barring Service'

<sup>4</sup> Under 18's:

- must be accompanied & supervised at all times by a DBS checked adult when on Club Premises or engaged in Club Activities both on or off the water; the Parent or other named adult must also be a member of GGBC.
- Membership of British Rowing is required to initiate a DBS check (currently £29/year): <https://membership.britishrowing.org/Signup>
- For more information on the DBS (Disclosure & Barring Service) checking process please contact the GGBC Welfare Officer: [Welfare@goringgapbc.org.uk](mailto:Welfare@goringgapbc.org.uk)