

APPLICATION FORM FOR SPRING 2020 COURSE

Course Dates: Sat 25th April, 9.00am - 1.00pm at Goring Gap Boat Club, Lower Basildon
 Weds 29th April, 7.30pm - 8.30pm in Radley or Oxford tank TBA
 Sat 2nd May, 9.00am - 1.00 pm at Goring Gap Boat Club, Lower Basildon
 Weds 6th May, 7.30pm - 8.30pm in Radley or Oxford tank TBA
 Sat 9th May, 9.00am - 1.00 pm at Goring Gap Boat Club, Lower Basildon
 Sat 16th May, 9.00am - 1.00 pm at Goring Gap Boat Club, Lower Basildon

Personal Details	
Name	Date of Birth
Address	
Post Code	
Tel No. Home	
Tel No. Mob	
Emergency contact	Tel No.
Email Address – email is the primary means of contact	
Conditions	
<p>The information you have provided will be held on a computer. It will not be passed on to third parties and will not be disclosed to other members of the club. Holding these details is a condition of attending the course for safety reasons. Please ensure that your details are completed in full.</p> <p>You understand that use of club equipment is at your own risk and that you will obey the club's safety & boat usage rules</p> <p>Please Note: The course is open to adults, 18+ years only.</p>	
Personal Health and Swimming Proficiency	
<p>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.</p> <p>If there is any doubt you should first consult your doctor.</p>	

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 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 conditions they may have to deal with in the event of an emergency.

Your Swimming Ability

For your own safety it is important that you are a competent swimmer. At a minimum you must be able to swim 50 meters in light clothing. **If you cannot meet this requirement you must wear a lifejacket or buoyancy aid at all times when in a boat.**

Declaration of Your Personal Health & Swimming Proficiency

To be accepted onto the Learn2Row course you must sign this declaration.

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.

I have no need to seek medical approval / have been passed medically fit to row and I agree to inform the club/coaches/crew of any change in my personal health/swimming proficiency that may put myself or others at risk.

All outings will be supervised by an experienced fully paid member of the club.

I certify that the details above are correct.

Applicant's Signature:

Date:

Applicant's Name:

Please return your completed application with a cheque for £175 made payable to Goring Gap Boat Club to Richard Berkley, Rowan House, Playhatch RG4 9QU

Alternatively you may email a scanned copy of the application form to captainofrowing@goringgapbc.org.uk and pay online using the following bank details:

Sort Code: 301342, Account Number: 12022060 (Lloyds TSB). account name Goring Gap Boat Club

Please ensure that you enter your full name as a Reference in order that we can verify you have paid.

Tick here if you have chosen to pay this way .