

# DERWENT ROWING CLUB

## RECREATIONAL MEMBERSHIP APPLICATION

### FORM V3



Name:		Date of Birth	
Address		Tel Home	
E Mail <small>(this email address will be added to a distribution list for general club communications)</small>		Mobile(s)	
Other Emergency Contact Details	(Friend/ Relative)		
Name		Tel Number	
Relationship to Member			

Current Rowing Experience				
How Much Rowing Experience do You Have?		British Rowing Membership Number		
Do you have any points?	Y/N	Rowing Points		Sculling Points
Do you have any Coaching Qualifications?	Y/N	Current Award Level		
First Aid Qualification ( within last 3 years) ( please provide certificate)	Y/N	Coxing Experience		Y/N

Swimming Ability			
<p>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.</p> <p>The club will hold swim tests and training in capsized procedures, not only to demonstrate your competence but also your confidence under the water, swimming on your front and back and your ability to tread water.</p>			
<input type="checkbox"/> Can you swim 50m in sports kit, tread water for 2 minutes and swim 5 meters underwater?	Yes/ No  <b>If you cannot meet this requirement you must wear a lifejacket or buoyancy aid at all times when in a boat.</b>	Have you ever done a capsized drill at another club (within last 3 years)  Which Club and Date?	Yes/ No

To be completed by Committee			
Proposed By		Seconded By	
Date membership Accepted			
Medical Declaration Signed & with CWO			
Copy of Rules & Constitution Issued	Y/N	Date:	



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#### **SPECIFIC PHOTO/VIDEO CONSENT**

In rowing, video of athletes training is an essential tool in improving technique. Video and photography may be used during the course of training at the club for the purposes of technical coaching. Such video will not be used for any other purposes and will on request be made available to the appropriate member or parent for viewing. Derwent RC will follow the British Rowing guidance for the use of photographs and videoing for training/coaching purposes, a copy of which is available from the British Rowing website. Derwent RC will take all steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform the club welfare officer and British Rowing immediately.

The management of photography of children in rowing is a very difficult subject as competition and training is almost exclusively carried out in large open public spaces where it is not possible to control admission. There may also be event photography taking place at competitions.

Photographs may also be used on the club's website for promotional purposes. Should any member or parent object they should notify the club in writing.

#### **CONSENT / AGREEMENT**

Please read the following carefully. If you have any questions or concerns please ask the Captain

1. I apply to become a Recreational Member of Derwent Rowing Club. This allows use of the Club boats for scheduled sessions which are supervised by a nominated Club official. Recreational members shall not be permitted independent access to Club premises.
2. I have read and understood both the medical declaration and swimming ability statements above and declare that I can meet the minimum swimming requirement and I have no need to seek medical approval/ have been declared medically fit to row, and I agree to inform the club/ coach/ crew of any change in my personal health/ swimming proficiency that may put myself or others at risk
3. I will notify the club if there are any changes in my home and emergency contact details
4. I agree to pay all subscription fees on time and as requested. The fees are payable in advance and cover a period of 4 supervised sessions.
5. I consent to the use of video/photographs of me for coaching purposes and to promote the club's activities. Please confirm this by completing the selection box below.
6. I agree to abide by the club's constitution and rules (attached).
7. If elected as a member, the subscription becomes payable in the month of election.
8. I take responsibility for cancelling my own Standing Order when resigning my membership and accept that refunds will not be given if I delay or forget to cancel.
9. I agree to the above information being held in accordance with Derwent RC Data Protection Policy and Derwent RC Data Privacy Policy
10. I agree to the above information being held in a secure database.
11. I agree to abide to Derwent RC Social Media Policy which outlines how we expect volunteers and members of the club, including junior members, to behave when using websites or social media associated with the club
12. Should I decide to train and race for the club then I will transfer my membership to Senior Membership.

#### **VOLUNTEERING/PARENT HELPERS**

The club is run entirely by its members – there are no paid staff. If you can help in any way or have some expertise that you could volunteer to help the club we would love to hear from you.

Yes, I would love to help. Please contact me; I could help in the following way:.....

I agree that I have read the notes to participants (see over page) and will abide by the club's rules.

**Applicant** .....

**Date** .....

**Club Official Check on Medical Declaration**.....

**Date** .....



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**PHOTOGRAPHY & VIDEO CONSENT ( CONSENT REQUIRED)**

Photographs may also be used on the club’s website for promotional purposes. Should any member or parent object they should notify the club in writing.

**I CONSENT TO THE INCLUSION OF MY IMAGE IN VIDEO FOR TRAINING PURPOSES & PHOTOGRAPHS THAT MAY BE USED ON THE CLUB WEBSITE, ON SOCIAL MEDIA & ON THE CLUBHOUSE WALLS**

YES I CONSENT TO ALL

I WISH TO BE CONSULTED

I DO NOT CONSENT TO ANY

BEFORE POSTING




**SIGNATURES:**

**Signature** .....

**Date** .....

**Revision History**

Version	Date	Changes
3.0	March 2024	-Updated website and consent for photography



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**Please take away this sheet for reference.**

#### **NOTES FOR PARTICIPANTS**

**ALL PARTICIPANTS MUST COMPLETE AN APPLICATION FORM BEFORE USING CLUB EQUIPMENT & FACILITIES OR BOATING.**

Welcome to Derwent Rowing Club. In order that your time at the club is as enjoyable and safe as possible please note the following information.

#### **Safety on the Water**

The British Rowing Water Safety Code (RowSafe) covers all aspects of safety in rowing activity and a copy of the code is displayed on the Water Safety Notice Board.

**In the unlikely event of a capsized - stay with the boat as this is your floatation device and makes you easier to see by other river users.**

#### **Clothing**

When training, especially in cold conditions, make sure that you wear lots of thin layers rather than one or two thick ones, a hat is a useful piece of equipment which minimises heat loss. Gym attire is appropriate for your first session, t-shirt and leggings/shorts.

Hoodies and tops with open pockets, or jeans are **NOT** suitable for rowing

As a beginner at the club you will be required to wear a high visibility top (provided at club) and a buoyancy aid until a capsized drill has been completed.

Bring a bottle of water with you.

#### **Session Times**

Session times are determined by the captain and you will be advised when you are able to get on the water, or use the club facilities.. At times it may not be possible due to prevailing weather or unsuitable river conditions, in which case land training may be offered as an alternative. River Safety during the sessions is covered by an experienced person on the landing stage. 999 calls will be made from mobiles.

#### **Accident Book**

The accident book is kept in the boathouse and any incident that involves injury to an individual or damage to equipment, however small, **MUST** be entered in this book.

#### **Warming up and stretching**

This is essential at any time of year, but especially during colder conditions, as muscular injuries are far more likely to occur if you undertake activity without warming up. Your coach will be able to tell you the correct way to do this.

#### **Child Protection Procedures**

Derwent Rowing Club adheres to the British Rowing Child Protection Procedures and a copy of this policy can be found online at [www.britishrowing.org](http://www.britishrowing.org)

#### **Communication**

Details of training sessions and other important information will be communicated by email. Please ensure you give your correct email details.