

Ullapool Coastal Rowing Club Membership Form 2020

Convener: Tom Grant email: tom.boris93@yahoo.co.uk
Secretary: India Poe email: indiapoe@hotmail.co.uk
Treasurer: William Godding email: williamgodding@gmail.com
Membership Secretary Ron Smith email: rsmith088@btinternet.com
Address: Silver Birches, Braes, Ullapool, IV26 2SZ

Subscription Rates (Calendar Year): Individual - £30; Two Adults at same address -£45 Part Year individual - £15, Two Adults - £22.50 (part year starts after our regatta) Under 19's - Free

Welcome to the Ullapool Coastal Rowing Club. Membership of the club is open to all. To join, please read the information on this sheet, which should be retained. The second sheet should be completed and forwarded together with your payment to the Membership Secretary. Your details will be stored on the club database. If you wish to enter races, it helps to know which category you are in. Please mark on the application form the highest age group you can compete in.

In taking membership you are acknowledging your acceptance of the club rules and specifically:

- I understand that all members, guests and visitors of the club use the boats entirely at their own risk and explicitly accept that:
- Rowing is undertaken at my own risk, and that it is my responsibility to declare myself unfit for rowing if unfit or unwell
- As an adult rower I will provide my own life jacket, although club lifejackets are available..
- The club will not accept any liability for any damage to or loss of property belonging to members, their guests or visitors to the club.
- The club will not accept any liability for personal injury arising out of use of club facilities, or out of participation in any race or other activity organised by the club, whether sustained by members, guests or visitors or caused by the said members, guests or visitors, whether or not such damage or injury could have been attributed to or was occasioned by the neglect, defaults or negligence of any of the officers, committee or servants of the club.
- Before inviting any guest or visitors to use club facilities or participate in any activities undertaken by the club, members shall draw their attention to this rule.

Organisers of a rowing session should:

Look up a weather forecast.

Check the tide.

Tell someone who is not going out when you expect to return.

Ring this person to tell them you are safely back.

Check the boat equipment before setting out.

Report any damage or missing items to a committee member.

Please treat Ulla and her equipment as though you and friends of yours had spent hundreds of hours making and painting them.

Happy rowing!

Declaration

Regular physical activity is fun and healthy, and being more active is very safe for most adults. However, some should check with their GP before they start becoming much more physically active. Rowing, especially in races, can be strenuous and in a boat you may be some distance from help. We ask members to take responsibility for their fitness to row, and to rule themselves out if temporarily feeling unfit.

Members who have any disability which might affect their or others' safety (like hearing or vision impairment) are asked to tell the cox and/or the coach.

Possible reasons to consult your GP about rowing are:

If your GP has ever said that you have a heart condition and that you should only do physical activity recommended by him/her.

If you feel pain in your chest when you do physical activity.

If in the past month, you have had chest pain when you were not performing physical activity.

If you lose your balance because of dizziness or do you ever lose consciousness.

If you have a bone or joint problem that could be made worse by a change in your physical activity.

If your GP is currently prescribing drugs (for example, water pill) for your blood pressure or heart condition.

Having read the above, I have decided that I can safely row with the UCRC. I will wear a buoyancy aid while in the boat

Signature:

Name and date of birth:

Address:

Phone numbers:

email address:

Age categories: U17, U19, Open, 40+, 50+, 60+