



## 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.

### 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 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.**

### Declaration of Your Personal Health & Swimming Proficiency

To be accepted onto the Learn 2 Row course and to become a member of GGBC you must sign this declaration.

“ I have read and understood both the Personal Health and Swimming Ability statements above and declare that I **can/cannot**\* meet the minimum swimming requirements and 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”

\*(Delete as applicable)

## Declaration

I wish to join the Learn 2 Row course and become a member of the Goring Gap Boat Club. I accept the club rules and conditions set by the elected committee.

Applicant's Signature

Date

## Costs & Payment

Learn 2 Row course – Starting **October 14th 2006**  
(deposit £35, balanced to be paid at start of course)

**£75**

Boating Member – full use of club facilities until 31st March 2007

**FREE**

Please return your completed application with a cheque for **£35** made payable to **Goring Gap Boat Club** to

**Tim Gill, Treasurer, 14 Blackthorn Close, Tilehurst, Reading, Berks RG31 6ZY.**

E Mail: [L2R@goringgapbc.org.uk](mailto:L2R@goringgapbc.org.uk)