



St Andrew Boat Club Membership Application Form

Name..... Date of Birth.....

Address.....

Tel. Home.....Tel. Mobile.....

Tel. Work..... E-Mail.....

Previous Experience (e.g. bowside/strokeside/both/beginner/cox).....

Licence Number (if applicable)..... Points :- Rowing.....Sculling.....

For new members, where did you hear about us?.....

Date joined.....

Membership required (tick as appropriate)

Please note membership does not include SARA licence, which is also required and can be obtained through the secretary. Details of current rates are available from the treasurer.

Full

Unwaged / Student / Retired

Junior J18

Cadet J14

Private Sculling only

Coaching / Coxing (by donation)

IF YOU ARE UNDER 18 YEARS OLD PLEASE ASK YOUR PARENT OR GUARDIAN TO SIGN THIS PARENTAL CONSENT BELOW

I confirm that the information given in this application is true and correct.

I consent to _____'s application for membership of St Andrew Boat Club.

Signed

Date

Name.....

Tel. Home.....Tel. Mobile.....

E-Mail..... Relationship to Applicant.....

A 'Safe in Care' consent form must also be completed annually.

Physical Activity Readiness Questionnaire ('PAR-Q')

For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the yes or no opposite the question if it applies to you.

- Has your doctor ever said you have heart trouble?
- Do you frequently have pains in your heart and chest?
- Do you often feel faint or have spells of severe dizziness?
- Has a doctor ever said your blood pressure was too high?
- Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
- Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
- Are you over age 65 and not accustomed to vigorous exercise?

If you answered YES to one or more questions...

if you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.

If you answered NO to all questions...

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for an exercise test.

Conditions of Membership

Scottish Rowing registration and insurance is required prior to taking to the water or coaching. A Scottish Rowing licence (which includes insurance) can be obtained by contacting the Secretary. The cost is not included in the membership fee.

I agree to abide by the Club's constitution, policies and procedures.

I confirm that I can swim 100 metres, wearing rowing clothing.

If I have any medical conditions I have sought the advice of my doctor who confirms that I am able to row safely, recreationally and/or competitively (please refer to the PAR-Q below)

I confirm that the information given in this application is true and correct.

I authorise the Club to retain my personal information. This information will be used to administer and manage your membership and related benefits. Your information will be held by the club in a central membership database for this purpose. Your information may be shared with third parties when appropriate to facilitate this purpose.

SIGNED

DATE