

3. Your Personal Health

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.**

The club will regularly hold swim tests and training in capsize procedures not only to demonstrate your competence, but also your confidence under the water, swimming on your front and back, besides your ability to tread water.

Declaration of Your Personal Health & Swimming Proficiency

To be accepted as a member you must sign this declaration (together with your Parent/Guardian if you are under 18 years of age)

" 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)

Applicant's Signature..... Date.....

<i>RUBC use only:</i>		
<i>Membership fee (amount and payment method):</i>	<i>Date (only date when paid):</i>	<i>Official signature (only sign when paid):</i>
<i>Notes</i>		