



Dart Totnes Amateur Rowing Club

New Membership Declaration

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 100 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 hold swim tests and training in capsized procedures to ensure your competence and confidence under the water, as well as your ability to tread water.

Juniors

We are very pleased to welcome junior rowers to Dart Totnes Amateur Rowing Club.

Rowing activities on the water and the associated training can be performed safely if we manage the risks. Part of risk management is gathering information on health and swimming proficiency. This information is confidential but important to ensure any child's welfare as a participant. Our club follows the national body guidelines that all coaches and assistants are qualified for the activities they control including safety awareness.

Declaration

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,
- § 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)
- § I understand that I take up rowing or coxing at my own risk and DTARC does not cover me for personal injury while in the clubhouse or on the water

Do you have any special need that our coaches should know about or suffer from any known medical or physical condition that might affect you during physical exercise?

.....

Should a disability or medical condition exist, it will not necessarily preclude you from membership or participation, but it must be declared. Should you be in any doubt, please contact your doctor.

Applicant's Name.....

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

Parent/guardian's Name (if applicant is under 18).....

Parent/guardian's Signature.....Date.....

N.B. This declaration and the safety check on the reverse should be signed and completed before any activity is undertaken at DTARC. Once completed, please return it to your coach or a club official for their signature.

Safety check list

	YES	NO	IF NO - comments action/date
I am aware that the river at Totnes is tidal and am familiar with the best practice for boating in tidal conditions	<input type="checkbox"/>	<input type="checkbox"/>	
I can swim at least 100m but am aware of the procedure to remain with the boat (until rescued) should a capsize/sinking occur	<input type="checkbox"/>	<input type="checkbox"/>	
I know where the tide tables are situated and how to use them	<input type="checkbox"/>	<input type="checkbox"/>	
I know where the life jackets and throw lines are kept at Dart Totnes ARC and could utilise one if necessary	<input type="checkbox"/>	<input type="checkbox"/>	
I have been briefed on the river and its landmarks/obstacles and am aware of the correct navigation on the river Dart	<input type="checkbox"/>	<input type="checkbox"/>	
If I am unsure about the safety of the river conditions, I will not go afloat without asking for approval from the Captain or other committee member	<input type="checkbox"/>	<input type="checkbox"/>	
I know where the emergency telephone and numbers are situated	<input type="checkbox"/>	<input type="checkbox"/>	
I have been briefed on the location of the nearest hospital/casualty department	<input type="checkbox"/>	<input type="checkbox"/>	
I know how to check bow balls and heel restraints and their importance for safety - and will not go afloat with any that are faulty, but will report the matter so that it can be rectified	<input type="checkbox"/>	<input type="checkbox"/>	
Should any damage to equipment occur, I will report it in the Quarantine book (at the back of the boathouse) and alert a member of the committee	<input type="checkbox"/>	<input type="checkbox"/>	
Should any accident/incident occur, I am aware of the procedure for reporting and logging the matter (on the Safety board at the back of the boat house)	<input type="checkbox"/>	<input type="checkbox"/>	
I have been informed of the first aider within our group/club	<input type="checkbox"/>	<input type="checkbox"/>	
I am aware of the ARA safety code	<input type="checkbox"/>	<input type="checkbox"/>	

I declare that I have all of the basic knowledge/familiarity of procedures and equipment detailed above

Signed

Date.....

You may not start rowing at DTARC without the basic knowledge detailed above. If you can't answer 'yes' to all of these questions, please contact a member of the committee or the club captain to help you complete this checklist before going out on the water.

Committee member to sign when form completed

Name.....

Signed

Date.....