



MAIDENHEAD ROWING CLUB

MEMBERSHIP APPLICATION LEARN TO ROW SECTION

Please write clearly and post this form together with your cheque to:
Learn to Row Co-ordinator, Maidenhead Rowing Club,
River Road, Taplow, Berks SL6 0AT

Title:	
Last name:	
First name:	
Date of birth:	

Address:	
	Postcode:

Home phone no:	
Mobile phone no:	
Work phone no:	
Emergency contact name and their phone no:	

Email: Please write your email address clearly in the space below

New Learn to Row members: The **non-returnable course fee is £175.00** which covers tuition and membership of the Club for the duration of the course.

What prompted you to consider rowing and how did you choose MRC? Circle as appropriate.
Advertisement / MRC website / Course recommended by friend or acquaintance / New into area /
Encouragement from another MRC member / Explore Rowing / Other (please state):

Declaration of health and swimming ability (*delete Yes or No as appropriate*):

Do you have any special needs that our coaches should know about?	Yes	Do you suffer from any known medical or physical conditions that might be affected during physical exercise? (If in any doubt you should first consult a doctor.)	Yes
	No		No

If the answer is 'yes' to either of the above, please give details which will be kept confidential:

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Are you a competent swimmer capable of swimming at least 50 metres in light clothing?	Yes	No
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How would you specify your current activity level:

Health note: Regular exercise may include some risk, especially for those who have been sedentary. Before beginning a regular exercise programme, you should consult your doctor if you are: over 40 and have not done any regular exercise for this past five years; smoke; have high blood pressure/cholesterol; have any signs/symptoms of any disease; experience chest pains/dizziness/loss of consciousness; are recovering from a serious illness or surgery; have a pacemaker or another implanted electronic device; or have any other concerns about your ability to undertake regular exercise.

Any change in either medical circumstances or home or emergency contact details should be notified to the Club without delay.

THE SMALL PRINT:

Your signature below confirms that you have read and accepted in full the conditions of membership outlined here:

- I apply to become a Learn to Row member of Maidenhead Rowing Club.
- I agree to my details being held on the Club's membership system and by British Rowing (Explore Rowing).
- I understand the club has insurance cover for its boats; however, the club does not provide personal accident cover, and if I want this I should contact my own insurer.
- I certify that my health is my own responsibility but that I will advise the co-ordinator if there are any issues which may affect my participation in the course.

Applicant's signature Date:

I attach a cheque to 'Maidenhead Rowing Club' for the sum of: I have written my full name, tel. number, email address and first and second preferred course on the back of the cheque.	£175.00
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Learn to Row Co-ordinator: Marion Holmes, Maidenhead Rowing Club, River Road, Taplow, Berks SL6 0AT
or learn2row@maidenheadrc.org.uk