

# MALDON GIG ROWING CLUB ADULT MEMBERSHIP FORM

Please fill out this form and return it to Vivian Little, Membership Secretary,  
Queen's Head, Maldon, CM9 5HN, together with fee of £35, made payable to Maldon  
Gig Rowing Club.

Name: .....

Date of birth: .....

Address: .....

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Postcode: .....

Occupation: .....

Home telephone: .....

Mobile telephone: .....

Work telephone: .....

email address: .....

Emergency contacts in case of incident or accident:

Name: ..... Number: ..... Relationship: .....

Name: ..... Number: ..... Relationship: .....

Do you have any additional qualifications eg: first aid cert, RYA boat handling?

Please list: .....

**Additional Information** – Please record anything else you feel would be helpful or necessary  
for the Club to know (e.g. background, skills, trade or profession, rowing/coaching experience.....)

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**Name:** .....

**Declaration**

1. *I apply to become a Full member of Maldon Gig Rowing Club.*
2. *Either: I do not suffer from any disability or medical condition which may render me unfit for strenuous exercise.*

*Please delete as appropriate*

*Or: I suffer from the following disability or medical condition:*

.....  
.....

*Should a disability or medical condition exist, this will not necessarily preclude you from membership/participation, but it must be declared and the Club may require you to obtain a medical certificate. Should you be in any doubt, advice should be sought from your doctor before you participate in any activities with the Club.*

3. *Either: I am able to swim confidently and can complete the minimum Club swimming test requirement. The Club's requirement is to swim 50 metres in light clothing on both my front and on my back, tread water for 5 minutes and swim a few strokes with my head under water.*

*Please delete as appropriate*

*Or: I am not able to swim confidently.*

*Inability to swim confidently will not preclude you from participation but you must inform the Club of this fact and a buoyancy aid must be worn at all times, both on the boat and in proximity to the water.*

4. *I have seen a copy of the Constitution and agree to its terms.*
5. *I understand that I take up rowing or coxing at my own risk and acknowledge that my agreement to the Constitution includes the following limitation of liability provisions:*
  - a. *Members use the Club facilities entirely at their own risk.*
  - b. *The Club will not be liable for any personal injury arising out of the use of the Club facilities either sustained by Members or caused by Members nor any damage to or loss of property belonging to Members.*
6. *I confirm that the information given above is true, accurate and complete and agree to inform the Club of any change in my circumstances which affects this declaration.*

**Signature of Member:** .....

**Date:** .....

# **MALDON GIG ROWING CLUB ADULT MEMBERSHIP FORM**

**Please detach and keep this page.**

## **NOTES FOR FULL MEMBERS OF MALDON GIG ROWING CLUB**

### **Rowing Safety and Security**

1. All our members, guests and visitors have an individual and collective responsibility to act safely and responsibly when engaged in Club and rowing activities. It is the responsibility of all members to read the Club's safety boards and Club safety notices, and to familiarise themselves with the Byelaws. Members are required to enter details of any accident in the Accident Book located in the boatshed.
2. All rowers are responsible for the safe use of the equipment. All members must check that the equipment is in good working order before rowing.
3. Members should ensure the weather conditions are appropriate to rowing, and that they are wearing clothing appropriate to the conditions. Members must not use the Club or its equipment in a manner that may endanger themselves or others. Safety equipment must be used at all time.
4. As with all sports and particularly water sports, there is a potential for coming into contact with viral or bacterial infections. Members are advised to wash after being in water or using Club equipment.
5. Please seek medical advice before training with an injury or illness.
6. The Club cannot take responsibility for personal possessions.