

Loch Awe Coastal Rowing Club (LACRC)

Membership Form 2021/22

First Name	Surname	Male	Female	Date of Birth (required for competition entry)
------------	---------	------	--------	--

Address including Postcode

Mobile	Landline	Email
--------	----------	-------

Next of Kin & Contact Number (required in case of emergency)
--

Membership Fees

Individual Full membership (to be decided)

(tick box)

None rowing membership (to be decided)

I agree to a rowing fee of £2 per session.

Your membership fee can be paid by:

- Cheque payable to the Loch Awe Coastal Rowing Club (LACRC) and attached to your completed Membership Form.
- Bank transfer to Loch Awe Coastal Rowing Club - Sort Code 80-22-60 & Account No. 21476062 .
(Please quote your name in the reference line)

Please note that LACRC membership is valid until 31st March of the following year and is payable irrespective of when one joins provided rowing opportunities exist.

There is a discounted rate for families where teenagers who are under 16 are involved.

Please read the following Declaration and accompanying Statement

Declaration

Regular physical activity is fun and healthy and being more active is very safe for most adults. However, some should check with their GP before they start becoming much more physically active. Rowing, especially in races, can be strenuous and in a boat you may be some distance from help. We ask members to take responsibility for their fitness to row and to rule themselves out if temporarily feeling unfit.

Members who have a disability which might affect their or others' safety (like hearing or vision impairment) are asked to tell the boat's Cox and Shore Safety Officer (SSO)

Possible reasons to consult your GP about rowing are:

- If your GP has ever said that you have a heart condition and that you should only do physical activity recommended by him/her:
- If you feel pain in your chest when you do physical activity:
- If in the past month, you have had chest pain when you were not performing physical activity;
- If you lose your balance because of dizziness or if you ever lose consciousness;
- If you have a bone or joint problem that could be made worse by a change in your physical activity.

Please read the following Statement regarding the Club's Data Protection Policy (DPR)

"LACRC may keep a record of your contact details in accordance with the Club's Data Protection Policy (see website at www.lochawecrc.co.uk) for the purposes of informing you about the activities of the Club and notifying you of Club business such as membership renewals. This personal data will not be divulged to any other organisation. Your phone number and email address will be available on the website to all other club members in order for them to contact you about rowing outings."

By signing below you acknowledge that you have read and accepted the above Declaration and DPR Statement.

Signature..... Date.....

Now please return both the Membership Form and the Declaration Form to:

**Gordon Leveratt, LACRC President, either by email
(gordonleveratt@uwclub.net) or by post to:**

**Gordon Leveratt
Ard Choille
Kilchrenan
By Taynuilt
Argyll
PA35 1HE**