

## **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 cox and /or coach.

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.

**By signing the form below I acknowledge that I have read and accepted the above declaration and the following statement:**

“The Club may keep a record of your contact details in accordance with the Club’s Data Protection Policy (see website) 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.”

Signature	
Name(s)	
Postal Address	
Landline	
Mobile	
Email address	

**Please print out and complete the above form and send it to Chris Cowley, Treasurer of LACRC.**

**Your membership fee (see below) can be paid by:**

a) Cheque payable to the Loch Awe Coastal Rowing Club (LACRC) and attached to your completed membership form.

Or:

b) BACs (online banking)

Sort code: 82-67-04 Account number: 50103545 (please quote your name in the reference line).

**Yearly Membership Fees**

<b>2020</b>	Annual LACRC Membership Fee
Individual	£50
Family (2 adults and children under 18)	£80

**Please note that LACRC membership is always valid until 1<sup>st</sup> April of the following year, irrespective of when one joined.**

**Send completed forms to:**

**Christopher Cowley  
Craigellachie,  
Kilchrenan,  
Taynuilt,  
Argyll PA35 1HG**