

FURNIVALL SCULLING CLUB
 19 Lower Mall, Hammersmith, London W6 9DJ (www.furnivall.org)
APPLICATION FOR MEMBERSHIP



Please complete the following questions in full.
 Please also complete the Medical Questionnaire on page 2 (overleaf)

SECTION 1 – Membership and Personal Details

MEMBERSHIP: FULL / STUDENT / SOCIAL / GYM / BEGINNER /INTRO / TEMPORARY (Delete as applicable)		
Name (in full)	Contact Phone Numbers:	
Address:	Home:	
	Work:	
	Mobile:	
	(Please indicate if you prefer that your details are not included in any club group contact lists)	
E-mail address:	Date of birth:	Occupation:
Have you competed in any other endurance sport or physical activity? If YES, please state which ones:		

SECTION 2 – Previous Rowing Experience (If none, please go to Section 3 below)

Previous Rowing Club(s):		For how long have you been rowing or sculling?	
ARA Number:		Do you have steering experience?	
ARA Points: Rowing _____ Sculling: _____		(Foot steer or coxing)	
I prefer (please tick)	Bow side rowing	Your physiology:	
	Stroke side rowing	20 mins ergo personal best & date	
	Sculling	2km ergo personal best & date	
Your goals, aims, ambitions or targets:			

SECTION 3 – How did you hear about Furnivall?

(please state here):

SECTION 4 – Declaration

By signing this application form, I confirm that:

1. I will abide by the club rules and code of conduct at all times.
2. **I am able to swim 50m in light clothes.**
3. I have completed the FSC medical questionnaire on page 2 (overleaf)

Signature:	Date:
-------------------	--------------

PLEASE LEAVE YOUR COMPLETED FORM IN THE MEMBERSHIP OFFICER'S IN-TRAY

*Furnivall Sculling Club Membership Application Form
 December 2006*

Code of Practice

- 1) The Club will generally be accessible Monday to Thursday evenings and Saturday and Sunday mornings. Access outside these times can be made by special arrangement with the Captain or coaches.
- 2) No Club boats may be used without the permission of the Captain or Vice-Captains(s) outside regular squad sessions. Please check shared equipment plans before using any Club boats. Use of Club boats is at the discretion of the Captain and, generally, racing crews will be given priority.
NOTE: Under no circumstances may a privately-owned boat be used without the owner's express permission.
- 3) Safety considerations are paramount. Any member going on to the water must be confident that they are able to cope with the prevailing conditions.
 - A. Members must make sure that they are familiar with the most recent Tideway navigation and local safety rules.
 - B. The Club will make every effort to inform members of Notices to Mariners as issued by the PLA, but members must take responsibility for ensuring that they read and understand all information issued.
 - C. All members are required regularly to attend safety briefings.
 - D. Coxless boats must stay in groups of at least two after dark ("buddy" system). Boats may not be taken out after sunset outside regular squad sessions without the permission of the Captain, Vice-Captain or Safety Advisor.
 - E. After sunset and before sunrise, all boats shall display lights as required by the ARA Water Safety Code.
- 4) Accidents must be reported immediately orally and then in writing to the Safety Advisor and Captain. Any damage to equipment must be reported to the Captain or Equipment Officer immediately and written up in the damage book (and if necessary a note posted or taped onto the boat). Please also report general wear and tear. Good care must be taken of all boats and equipment.
- 5) All boats should be cleaned after every outing – this included exterior and interior. Any questions regarding boat care should be addressed to the Captain or Equipment Officer.
- 6) The boathouse should be kept clean and tidy and members should keep security in mind at all times. When left unattended, the boathouse doors should always be bolted closed. The last member out must lock up.
- 7) All members are responsible for their own regatta fees and traveling expenses.
- 8) Private boat racks may be available on application to the Captain and approval by the Committee. Private boats must be insured – this is the responsibility of the owner. Private blades should be marked with the owners' name.

Physical Activity Readiness Questionnaire

Rowing is a physically demanding sport. This questionnaire has been designed to help to identify individuals that may need to seek advice from a healthcare professional before participating in the sport at Furnivall Sculling Club.

Part 1

If you answer YES to any of the questions in Part 1, you must have a doctor's consent letter before using the club's facilities. It is also your duty to inform the Membership Secretary should any information about your health change.

- | | | |
|---|--|----------|
| 1 | Has your doctor ever said you have a heart condition? | YES / NO |
| 2 | Do you have chest pain brought on by physical activity | YES / NO |
| 3 | Have you developed chest pain in the last month either at rest or during physical activity? | YES / NO |
| 4 | Do you often feel faint, have spells of dizziness, lose consciousness, or fall, or suffer from epilepsy? | YES / NO |
| 5 | Do you have a bone or joint problem that could be aggravated by the proposed physical activity? | YES / NO |
| 6 | Has a doctor ever recommended medication for your blood pressure or heart condition? | YES / NO |
| 7 | Do you know, through your own experience or a doctor's advice, of any other physical reason why you should not exercise without medical supervision? | YES / NO |
| 8 | Are you aged over 50 and unaccustomed to vigorous exercise? | YES / NO |

Part 2

Do you have any other medical conditions that could be adversely affected by physical activity, such as (but not exclusively) asthma or diabetes?

YES / NO

If you have answer YES to the last question you must sign the following undertaking:

I am fully aware of the risks and implications associated with my condition whilst partaking in vigorous exercise. I will take full responsibility to ensure that precautions are taken to reduce any associated risk and that all fellow crew members or the coach or coxswain are informed of any risks or safety considerations involved in my participation.

Signed _____

Date _____