



WELCOME TO HEXHAM ROWING CLUB SENIORS

Hexham Rowing Club provides opportunities for adults of all ages and levels of fitness to receive coaching. The club welcomes both recreational rowers and those who wish to participate in competition at regattas and in winter long distance “Heads” events.

Hexham Rowing Club has a senior membership fee of £16 per month or £192 per annum, which should be paid within one month of joining the club. The first session is free after which you are requested to make a payment of £16 for the first month before a standing order is in place.

For those who are new to rowing, we offer a ‘Learn to Row’ course for which initial membership conditions differ from the standard membership. If you have entered through the Learn to Row route, please complete the section BRITISH ROWING MEMBERSHIP (LEARN TO ROW OPTION ONLY).

Regular Club “on-water” training times are:

Saturday	2pm – 4pm
Sunday	10am – 12noon
Wednesday and Thursday	10am-12 noon – please check with the club that this session is available. Extra weekday sessions may be available.
Tuesday and Thursday evening sessions	- 6-8pm in the summer

The club racing kit is royal blue with gold/red/gold side stripes. Details of how to purchase kit can be found on the club website or from the club secretary.

For further information about the club and its activities, please visit www.hexhamrc.co.uk.

Should you wish to join Hexham Rowing Club please complete the attached membership application form in full and return it promptly to the Club Secretary or Captain.

Before taking part in any on-water activities, please familiarise yourself with the club safety rules and procedures. All club members are expected to complete a capsizing drill, usually arranged annually.

For further information, please contact the Club Secretary (secretary@hexhamrc.co.uk)

We thank you for your interest and look forward to seeing you at the club.





HEXHAM ROWING CLUB SENIOR MEMBERSHIP FORM

The information in this form is important for purposes of club administration and will not be used for any other purposes. **Please complete in BLOCK CAPITALS.**

SURNAME _____ FIRST NAMES _____

ADDRESS _____

_____ POST CODE _____

TELEPHONE (Home) _____ (Mobile) _____

E-MAIL _____ DATE OF BIRTH _____

GENDER: Male _____ Female _____

EMERGENCY CONTACT DETAILS

SURNAME _____ FIRST NAMES _____

TELEPHONE (Home) _____ (Mobile) _____

RELATIONSHIP TO PARTICIPANT _____

BRITISH ROWING MEMBERSHIP (LEARN TO ROW OPTION ONLY)

The initial membership fee of £60 covers four months membership of Hexham Rowing Club and silver membership of British Rowing. This includes insurance and other benefits (see <http://www.britishrowing.org/membership/types>).

Do you agree to us passing your basic details onto British Rowing to obtain your membership? YES / NO (delete as applicable)

The following questions are optional but will assist British Rowing in assessing equity within the sport. The information provided will be used for statistical purposes only.

What is your ethnic origin? (eg White British, Asian) _____

Do you have a disability? (Physical, visually impaired) _____





MEDICAL INFORMATION

Doctors Name: _____ Doctors Tel. No _____

Please give details below of any conditions or allergies that should be made known (e.g. diabetes, asthma). A medical condition will not necessarily preclude your participation. If you have any doubts about your health please contact your G.P.

DECLARATION

I am in good health and capable of taking part in rowing activities. I confirm that the medical details above are accurate and I consent that in the event of any illness or accident, necessary treatment can be administered. I also understand that my participation in all rowing activity is entirely at my own risk.

I also confirm that I am capable of swimming a minimum of **50 metres fully clothed.**

Where did you hear about Hexham Rowing Club? _____

I enclose a payment of £60 to include an initial four month membership fee and silver membership of British Rowing (Learn to Row applicants only).

Signed _____

Date _____

