



## PERSONAL HEALTH

Rowing and its associated training can be a strenuous activity. You should therefore be in good health and have no medical or physical condition precluding heavy exercise. **If there is any doubt you should first consult your doctor.** Some conditions such as asthma and diabetes, for example, do not prevent individuals participating in the sport, but you do have a **duty to declare any condition that might put yourself or others at risk.** Likewise you have a **duty to declare any change** in personal health whilst a member of the Club that may put yourself or others at risk. It is important therefore that you inform those around you e.g. coaches and crew members, of any condition they may have to deal with in the event of an emergency.

## SWIMMING ABILITY

For your own safety it is important that you are a competent swimmer. At a minimum you must be able to swim 100 metres in light clothing.

## DECLARATION OF YOUR PERSONAL HEALTH & SWIMMING ABILITY

To be accepted as a member of City of Bristol Rowing Club you must sign this declaration (together with your parent or carer if you are aged 17 or under).

*"I have read and understood both the Personal Health and Swimming Ability statements above and declare that I can / cannot\* meet the minimum swimming requirements and I have no need to seek medical approval / have been passed medically fit\* to row.*

*I agree to inform the club, coaches and crew of any change in my personal health or swimming proficiency that may put myself or others at risk.*

*I give consent for any supervising personnel to give emergency medical attention should the unlikely need arise."*

*\*(Delete as applicable)*

Applicant's Signature ..... Date.....

Parent/Carer's Signature ..... Date.....

**N.B. This declaration should be completed before any activity is undertaken.**

## Boathouse rules

1. All members must pay their subscriptions before using any club equipment.
2. Have the Captain's express permission to use equipment (boat and blades).
3. Book your boat before every outing, including competitions.
4. No CoBRC equipment to be used for clubs other than CoBRC.
5. Do not change the rigging without reference to the Captain.
6. Clean boats regularly.
7. Put trestles away and keep the boathouse tidy.
8. Repair/report damage to any equipment to the club captains.
9. Lock all doors if you are the last person to use the boathouse.
10. No bikes shall be stored in the boathouse
11. Anyone found in breach of the above rules risks forfeiting their membership and use of any club equipment.

## safety guidelines

1. All members must be able to swim 100 metres unaided in light kit.
2. All coxes must wear buoyancy aids / lifejackets for all outings.
3. All accidents resulting in injury (however minor) are to be reported to the Club's Safety Officer and an Incident Report must be completed.
4. All rowers are to take responsibility for their own and other's safety. All potential risks to health and safety are to be reported to the Club's Safety Officer.
5. All rowers should check equipment, in particular bow balls and heel restraints, is in good order before venturing onto the water.
6. All damage to be marked and reported.
7. All outings must be logged on the white board and removed when the crew return to the boathouse. One crew member must also fill in a written record on the clipboard, adjacent to the white board.
8. No more than 14 boats may be on the water at any one time.
9. All harbour and club laws and bylaws shall be abided by at all times.

Please read the ARA Safety Code of Practice poster in the boathouse and the CoBRC Handbook. If you have any further questions regarding safety, please approach any committee member.

**I have read, understand and agree to abide by CoBRC's boathouse rules and safety guidelines.**

Signed..... Date.....