

Pembrokeshire Yacht Club

Rowing Section

Declaration

Declaration

General

All members of the rowing section must be members of the yacht club – membership forms are available from the clubhouse bar.

I understand that use of any of the club equipment is at my own risk and the club accepts no liability for accident or injury whilst on the clubs premises or elsewhere.

As a member I understand that I shall be bound by the rules of the club.

Your 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.

Some conditions such as asthmas 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 eg crew members, of any condition they may have to deal with in the event of an emergency.

Your Swimming Ability

For your own safety it is important that you are a competent swimmer. You should be able to swim a minimum of 100 metres in light clothing. **If you cannot meet this requirement you must wear a lifejacket or buoyancy aid at all time in a boat.**

The club will from time to time hold swim tests and training in capsized procedures not only to demonstrate your competence, but also your confidence under the water, swimming on your front and back, besides your ability to tread water.

Declaration of Your Personal Health & Swimming Proficiency

" I have read and understood the General, 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 not been passed medically fit*** to row and I agree to inform the crew of any change in my personal health/ swimming proficiency that may put myself or others at risk.

* (Delete as applicable)

Signed (Candidate)		Date	
---------------------------	--	-------------	--