

Geòla Bheàrnaraigh - Berneray Coastal Rowing Club
Affiliated to the Scottish Coastal Rowing Association
Membership Form 2016

Failte! Welcome to Geòla Bheàrnaraigh - Berneray Coastal Rowing Club.

Membership of the club is open to all. To join, please read the information on this sheet, which should be retained.

The second sheet should be completed and forwarded together with payment to the **Secretary, Viv Halcrow**. If paying by BACS, please complete the second sheet, scan and send to the **Secretary**, indicating your payment method. Your details will be stored securely on the club database.

Convener:	Kirsty O'Connor	email: kirstyoconnor@phonecoop.coop
Secretary	Viv Halcrow	email: viv.halcrow@btopenworld.com
Treasurer:	Iris Steedman	email: iris.steedman@hotmail.co.uk

Subscription Rates: £10 per person for the year (July – July)

In taking membership you are acknowledging your acceptance of the club rules and specifically:

1. You understand that all members, guests and visitors of the club use the boat entirely at their own risk and explicitly accept that:
2. Rowing is undertaken at your own risk, and that it is your responsibility to declare yourself unfit for rowing if unfit or unwell
3. The club will not accept any liability for any damage to or loss of property belonging to members, their guests or visitors to the club.
4. The club will not accept any liability for personal injury arising out of use of club facilities, or out of participation in any race or other activity organised by the club, whether sustained by members, guests or visitors or caused by the said members, guests or visitors, whether or not such damage or injury could have been attributed to or was occasioned by the neglect, defaults or negligence of any of the officers, committee or servants of the club.
5. Before inviting any guest or visitors to use club facilities or participate in any activities undertaken by the club, members shall draw their attention to this rule.

Organisers of a rowing session should:

- Be guided by a detailed weather forecast.
- Check the tidal conditions.
- Tell someone who is not going out when you expect to return.
- Phone this person to tell them once you are safely back.
- Check the boat equipment before setting out.
- Report any damage or missing items to a committee member.

Please treat our boat and her equipment as though you and friends of yours had spent hundreds of hours making and painting them.

Happy rowing!

BACS: The Co-operative Bank, PO Box 101, 1 Balloon Street, Manchester, M60 4EP
Account name: Geola Bhearnaraigh – Berneray Coastal Rowing Club
Sort code: 08 92 99
Account no.: 6577 4339 00

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 any disability which might affect their or others' safety (like hearing or vision impairment) are asked to tell the cox and/or the 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 you ever lose consciousness.

If you have a bone or joint problem that could be made worse by a change in your physical activity.

If your GP is currently prescribing drugs (for example, water pill) for your blood pressure or heart condition.

Having read the above, I have decided that I can safely row with Geola Bhearnaigh. I will wear a buoyancy aid or life-jacket while in the boat.

Signature:

Name:

Address:

Phone numbers
(landline and mobile):

email address:

Payment method:
cheque or BACS

Please complete and send to Viv Halcrow, 5 Pol an Oir, Berneray, N Uist, HS6 5BL with your remittance (cheques to be payable to Berneray Coastal Rowing Club). Thank you.