

LEARN TO ROW COURSE - APPLICATION FOR MEMBERSHIP (with 6 month reduced rate)

_____ (name) of _____ (address)
_____ (address)

apply for membership of **ERITH ROWING CLUB** as a * _____ member, and if elected agree to abide by the Rules of the Club and pay such subscription and dues as the Club may decide upon. I have no objection to the Club holding information about me for the purposes of the Club on any form of database.

Signature _____ Date _____

I agree to my child joining Erith Rowing Club and participating in its activities. He/she **MAY/MAY NOT** be taken to hospital without previously contacting me if necessary. Signature of Parent/Guardian (if Applicant is aged under 18)

Signature _____ Date _____

Emergency contact number _____

Considered by General Committee _____ Accepted/Rejected

**Classes of membership are: Adult; Unwaged; Student (18+ in full time education); Junior (under 18)*

Please detach this segment and hand/post to your own bank

Standing Order Instruction

To _____ Bank Sorting Code _____

Address _____

Please pay to HSBC Bank Plc, Canary Wharf Branch, Sorting Code **40 - 02 - 44**

for the credit of **ERITH ROWING CLUB** Account Number **61871552**

the sum of £ _____ on the _____ of _____ 200__ and thereafter on the same day each month for a total of **6 months inclusive**.

Please **then increase** this monthly payment to £ _____ on the same payment basis as above until further notice.

All payments to debit my account:

Name _____ A/C Number _____

Signed _____

Learn to Row Course
NEW MEMBER INFORMATION

Full Name	Preferred Forename
Date of Birth	Sex
Ethnicity: (√/x) White <input type="checkbox"/> Black <input type="checkbox"/> African <input type="checkbox"/> Mixed <input type="checkbox"/> Indian <input type="checkbox"/> Other Asian <input type="checkbox"/> Chinese <input type="checkbox"/> Other <input type="checkbox"/>	
Date Course Commenced	Date Course Finishes (last session)
Preferred e-mail address	Other e-mail address(es)
Current level of participation in sport (no. of 30 min sessions per weeks – please detail)	
Telephone Numbers Home _____ Work _____ Mobile _____	Weight (kilograms) _____ Height (centimetres) _____
Emergency Contact Name _____ Telephone no. _____ _____	
Do you suffer from any conditions that we should be aware of? (√/x) Medical Condition <input type="checkbox"/> Physical Condition <input type="checkbox"/> Learning Disability <input type="checkbox"/> Other* <input type="checkbox"/> *Please give details _____	
Ability to swim at least 100metres in light clothing (T shirt, shorts, sweat top and shoes) YES/NO	Any other information
Club Member Info Only	<i>Members Initials & Date</i>
Contact number forwarded to all rota members	
Progress Report allocated	
Information Sheet given to participant	
Learn to Row Course fee received	
Learn to Row membership and subs form given	
Learn to Row membership form received	
Subs received (Treasurer)	



ERITH ROWING CLUB - Learn to Row Course

Progress Log for _____ Date of session 1 _____

Module	Danson Boathouse		Erith Clubhouse	
General Introduction & Introduction to the Boathouse	Completed	Coach	Completed	Coach
• Locations				
• Equipment and its use				
• Rowing terms used S1.3.3 & R1.5.4				
• Adjustments S1.6.1				
• Hazards				
• Boat lifting and moving S1.3.1 & 2 / R 1.2				
• Water Rules/Circulation Pattern				
• Capsize drill and Swimming Test				
SCULLING/ROWING	Sculling		Rowing	
Getting Afloat	Completed	Coach	Completed	Coach
• Putting the boat on the water S1.4 / R 1.3				
• Entering the boat S1.5 / R1.4				
• Safety position S1.6.5				
• Stretcher adjustment S1.6.1 / R1.5.1				
• Exiting the boat S1.5.6 / R1.4.6				
• Removing the boat from the water				
Confidence Drills				
• Rocking by raising and lowering handles S1.7.1				
• Remove each hand and rock (sculling only)			-----	-----
• Remove both hands and rock				
• Balance with blades off the water in safety position				
• Balance with blades off the water swung over				
Manoeuvrability				
• One hand/side at a time S1.6.8				
• Both hands/sides (moving boat forward) S1.6.7				
• Both hands/sides (moving boat backwards)				
• Spin turn				
Emergency Stops				
• Slapping blades on the water S1.11 / R1.10				
• Raising hands				
• Turning hands forward				
• Turning hands backwards				
• Stopping at speed				
Slide Progressions S1.8 / R1.7				
• ¼ slide				
• ½ slide				
• ¾ slide				
• Full slide				
Feathering and Squaring S1.9 / R1.8				
Proficiency Test S1.14 / R1.11				