

# Bewdley Rowing Club PUB & CLUB REGATTA 2011

## Notes for Competitors

### *Dear Competitor*

Welcome to Bewdley Rowing Club Pub & Club Regatta 2011. In order that your time at the Regatta is as enjoyable and safe as possible please note the following information:

- **All competitors MUST complete an application form before using club equipment and facilities and boating.**
- Will all competitors please note that river safety and first aid are not available outside the hours of racing and therefore practising on the river is strictly at their own risk. River Safety during the regatta is covered by a launch, which is in attendance during racing and will follow boats down the course. **In the event of an accident on the river racing must stop immediately.**
- A pay phone is located inside the Clubhouse where information on all local services is detailed. In an emergency, 999 calls can be made from the phone just inside the Boathouse.

### **Safety on the Water**

The British Rowing Water Safety Code covers all aspects of safety in rowing activity and a copy of the code is displayed in the gym.

### **Accident Book**

The accident book is kept in the boathouse and any incident that involves injury to an individual or damage to equipment, however small, **MUST** be entered in this book.

### **Clothing**

When training, especially in cold conditions, make sure that you wear lots of thin layers rather than one or two thick ones, a hat is a useful piece of equipment which minimises heat loss. **Wellington Boots must never be worn in the boat.**

### **Warming up and stretching**

This is essential at any time of year, but especially during colder conditions, as muscular injuries are far more likely to occur if you undertake activity without warming up. Your coach will be able to tell you the correct way to do this.

### **Child Protection Procedures**

Bewdley Rowing Club adheres to the British Rowing Child Protection Procedures and a copy of this policy can be found in the Clubhouse.

### **Gymnasium**

The gymnasium contains ergometers (rowing machines), free weights and a multigym. New members must not use equipment without first being instructed by a club member and please note that: **MEMBERS UNDER EIGHTEEN YEARS OF AGE MUST NOT USE EQUIPMENT UNSUPERVISED**

### **Notice Board**

There will be a Pub & Club Notice board in the club house. Please ensure that you look at this regularly as it will be used to provide you with useful and important information. Please also visit us on Facebook by entering "Bewdley Pub and Club" in the search field.

### **Boat Booking**

A Boat Booking sheet will be available on the notice board. This booking sheet must be filled in to reserve the boat you wish to use for each training session. Only book a boat for a 1 hour session at a time and ensure that the boat is returned on time for the next crew.

## Bewdley Rowing Club Pub & Club Regatta Application Form

To the Hon. Secretary of Bewdley Rowing Club - I wish to become a Member of Bewdley Rowing Club. I agree, if elected, to conform to the Rules and the Health and Safety Policy of the Club.

***(It is a condition of membership of Bewdley Rowing Club that all members abide by the Child Protection Procedures, which are in place as required in the Club's affiliation to British Rowing )***

### Pub & Club Competitor 2011

Name.....

Address.....

.....

.....Home Phone.....

Emergency Contact No.....

### Injuries or Illness

Rowing is a sport which requires high intensity work over long periods of time and if you about to begin training for the first time or haven't exercised for a while it is advisable to check your general health with your doctor before commencing any form of strenuous exercise.

**Please note:** *It is important that you notify the club of any medical condition that develops during your membership that could affect your safety, or that of others, when taking part in club activities.*

#### Please complete the following declaration:

**I declare** that I am in good health and have not suffered from any serious illness, such as serious heart disease, epilepsy or high blood pressure and that I do not suffer from any of the following

	Yes	No		Yes	No		Yes	No
Asthma			Epilepsy			Diabetes		
Bronchitis			Blackouts			Ear Problems		
Muscular/Skeletal Injuries (e.g. Back injury)								
Are you taking any form of medication?								

If the answer to any of the above is yes, please confirm with your GP that you are able to take up rowing without causing risks to yourself or others participating in the sport.

**I declare** that I can swim at least 100 metres in light clothing and that I will abide by the Health & Safety Policy of Bewdley Rowing Club (Copy in Clubhouse)

**Print Name** .....

**Signature :** ..... **Date** .....