



Learn To Row – Registration Form

Nottingham Rowing Club, Middle of Three, Trentside, Nottingham NG2 5FA Tel: 0115 981 1251

Personal Information

Name:

Address:

Email:

Post code:

Telephone(s):

Date of birth:

Male / Female

Name and telephone number(s) of emergency contact:

Health and Fitness

The Learn to Row course (and other Open Day / Try-It Event) provide an introduction to rowing and is suitable for all ages and abilities. However you should have a basic level of fitness and agility and you should declare any condition that might put yourself and others at risk during physical activity. Have you any health conditions, disabilities, special needs or concerns about your fitness which the course organiser and coaches should be aware of?

If yes, please give brief details:

Yes / No

Swimming

Can you swim 50m in light clothing; tread water for two minutes; and swim 5m underwater? Yes / No

Anyone unable to satisfy the above British Rowing minimum requirements must wear an approved personal flotation device (PFD) when afloat. This can be provided by the club.

Declaration

I confirm that the information I have provided is correct. I agree to take part at my own risk. NB: The club's insurance applies once the form is completed and handed to a NRC representative.

Signature:

Date:

Payment: A Learn to Row Course costs £120 for eight two hour sessions. Cheques only payable to 'Nottingham Rowing Club'. Please tick the box if including payment with this form.

Please return this form by e-mail to: NRCLearnToRow@outlook.com

Or by post to: The Learn to Row Co-ordinator, Nottingham Rowing Club, Middle of Three, Trentside, West Bridgford, Nottingham NG2 5FA.

Note: This form should be completed by anyone attending an Open Day/Try-it Event etc. as well as those enrolling on a L2R course. For further information, please email: NRCLearnToRow@outlook.com