

PORTLAND GIG ROWING CLUB

SINGLE DAY ROWING SESSION MEMBERSHIP - £5 PAYABLE

Name: Date:

Emergency Contact Name:

Emergency Contact Number:

All people taking part in activities run by Portland Gig Rowing Club do so at their own risk.

For your own safety it is important that you are a competent swimmer; at a minimum you must be able to swim 50 metres in light clothing. If you can't meet this requirement you must wear a lifejacket or buoyancy aid at all times in the boat. Can you swim at least 50 metres in light clothing? **Yes / No**

The club holds insurance which covers rowing activities and third party liability. The club will not accept any liability for any damage or loss of property belonging to members, their guests or visitors.

I understand that rowing is a strenuous physical activity. I certify that I do not have any medical conditions that may be exacerbated by rowing or prevent me from participating.

Signed: Date:

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