

UNSW Rowing Club

Learn to Row Membership Form



Please complete this form and disclaimer, and scan/email to unswrowing@gmail.com. Note that your application will only be accepted if you meet the safety requirements outlined on page 3.

COURSE START DATE: / /

Please TICK which type of Learn to Row membership you are applying for below:

- UNSW Student \$60
 Non-UNSW Student or UNSW Alumni \$70
 General Public \$200

PERSONAL DETAILS	
SURNAME:	GIVEN NAME:
STREET ADDRESS:	
SUBURB:	POST CODE:
MOBILE:	HOME PHONE:
EMAIL:	D.O.B.: / /
EMERGENCY CONTACT DETAILS	
FULL NAME:	
RELATION:	CONTACT NUMBER:
UNIVERSITY DETAILS (if applicable)	
UNSW STUDENT NUMBER: z	FULL-TIME / PART-TIME (circle one)

Payment Methods

1. *Direct Debit (preferred)*

Payment should be made by direct deposit into the following account:

Bank: Commonwealth Bank of Australia

Name: UNSW Rowing Club

BSB: 062 303

A / C: 10886111

When transferring the funds you **MUST** do two things:

- i. Put the following in the description: "LTR<First Initial><Surname>" – e.g. LTRJDoe
- ii. Advise the Membership Secretary by email once done at:
membership.unswrowing@gmail.com

2. *Credit Card or Cash*

Please email us to arrange payment.

Learn to Row Disclaimer and Indemnity

In consideration of UNSW Rowing Club accepting my application and admitting me (and/or my child) to participate in the UNSW Rowing Club Learn to Row Program (**Learn to Row Program**) and participating in any related events, I (and/or my child) acknowledge and agree:

1. That by virtue of participation in the Learn to Row Program, I (and/or my child) risk death or serious injury, including (but not limited to) paralysis, dismemberment or drowning. I (and/or my child) knowingly and freely assume all such risk.
2. I certify that I (and/or my child) have obtained medical advice on any medical condition that may affect my (and/or my child's) suitability for rowing. I (and/or my child) am medically and physically fit to participate in the Learn to Row Program and rowing as a sport and agree to inform the UNSW Rowing Club immediately if my fitness/medical condition changes. I have listed here any medical condition, injury, or illness affecting myself (and/or my child):

3. I (and/or my child) can swim a minimum of 100 metres fully clothed.
4. I (and/or my child) agree to abide by the rules and guidelines of the UNSW Rowing Club and Rowing NSW and to follow all directions and instructions from UNSW Rowing Club members, officials, coaches and volunteers, and to behave in a responsible and appropriate manner including in accordance with the [NSWRA Code of Conduct](#) (available online).
5. To waive any and all claims which I (and/or my child) may have now and in the future against UNSW Rowing Club, its officers, coaches, agents, employees, members, volunteers or sponsors, and to release UNSW Rowing Club, its officers, coaches, agents, employees, members, volunteers or sponsors, as well as the organiser and sponsor of any competition, from all liability whatsoever in respect of any death, injury, loss or damage suffered as a result of or in connection with participation in the Learn to Row Program, except that injury or loss which results from gross negligence, wilful, criminal or wanton misconduct as may be proven in a court of law having jurisdiction of one of those individuals or organisations.
6. I (and/or my child) acknowledge that I (and/or my child) will be liable for any damage, loss, injury or death which may occur as a result of any failure to comply with these requirements and that I (and/or my child) may be fined \$100 by the UNSW Rowing Club and/or suspended from the Learn to Row Program and/or have my membership of the Learn to Row Program cancelled, if I fail to comply with these requirements.
7. I accept full responsibility for any damage, loss or harm whatsoever caused by me (and/or my child) whilst I (and/or my child) participate or am involved in the Learn to Row Program and indemnify UNSW Rowing Club against any liability for such damage, loss or harm.
8. I am aware of no reason that I am not entitled to enrol in the Learn to Row Program.
9. My signature below indicates my understanding and acceptance of all requirements for, and acknowledgements by, me (and/or my child) to train and row in the Learn to Row Program.

Signed: _____ Print Name: _____ Date: ____ / ____ / ____
(Parent / care giver to sign if under 18)

Photograph Usage Consent

Photographs of participants in the Learn to Row Program may be taken on occasion. If you consent to the use of photographs of yourself (and/or your child) being used by the UNSW Rowing Club for promoting or publicising the Learn to Row Program, including but not limited to, publication on Facebook or the UNSW Rowing Club website, please sign the consent below.

I consent to any photographs of myself (and/or my child) being used in promotion or publicity material produced on behalf of UNSW Rowing Club, including but not limited to, publication on Facebook or the UNSW Rowing Club website.

Signed: _____ Print Name: _____ Date: ____ / ____ / ____
(Parent / care giver to sign if under 18)

Safety Requirements

Please note the following safety requirements to attend this course. You must:

- Be able to swim **minimum** 100m, and tread water confidently for 5 minutes.
- Be proficient in spoken English.
- Be at least 16 years old. Applications from participants under the age of 16 will be considered on a discretionary basis.
- Be able to lift and carry 15kg on your shoulder while walking up a steep slope.

When rowing at UNSWRC, the following rules apply:

- You **MUST** follow all directions given by coaches, supervisors and club officials
- You **MUST** ask for assistance in carrying all boats, especially singles.
- You **MUST NOT** go rowing alone. You need to be accompanied by a coach or an experienced rower.
- Please ask your coach before taking **ANY** boat out.

What to Bring

- Drink bottle
- Sun protection (sunscreen, sunglasses, hat)
- Close fitting clothing – loose clothing will get caught in the moving parts. Gym shorts and a tight T-shirt are appropriate.
- Socks
- Shoes - preferably gym shoes, for use on the rowing machines (ergometers).
- Complete change of clothes and towel – you are likely to **fall in the water** at some stage. We have change rooms and hot showers on site.

How to Get There

The shed is located at the end of [Waruda Place, Huntleys Cove 2111](#). Please follow the right-hand driveway when you arrive at Waruda Place.

UNSWRC Learn to Row Membership

- Learn to Row is a 8-week course. Your LTR membership includes 8 x 9am-12pm Sunday morning sessions.
- Once you have completed your Learn to Row membership, the Membership secretary will contact you regarding continuing to row with the club.
- The cost of the Learn to Row membership will be deducted from your annual membership should you decide to continue rowing with us.
- UNSWRC boats have a colour classification to indicate which members can use specific boats. Learn to Row members must use **Green** boats only. Progression to **Yellow** boats is permitted when you have demonstrated competency in certain basic skills and boat care.

If you have any questions, please do not hesitate to contact the University Captain at unswrowing@gmail.com

Follow us:

