



For health, safety and liability compliance a membership form must be completed prior to any rower or kayaker going on the water, including those taking part in a Learn to Row Programme

Abu Dhabi Rowing Club – Membership Application 2020-2021

About you

Name: _____ Date of Birth: _____
Address: _____
Telephone (home): _____ Mobile: _____
Email: _____ School/College or other: _____

Emergency Contacts (parents, relatives, caregivers) 2 separate contacts must be given

Name: _____ Relationship: _____
Telephone (home): _____ Mobile: _____ Email: _____
Name: _____ Relationship: _____
Telephone (home): _____ Mobile: _____ Email: _____

Personal Health & Swimming Ability

- Rowing and its associated training involves strenuous activity. You should therefore be in good health and have no physical condition precluding heavy exercise. On water training sessions may last up to two hours or more.
- If you have any doubts about your health and fitness to participate you should first consult your doctor. Some conditions (such as asthma & diabetes, for example) do not prevent individuals participating in the sport, but you have a duty to declare any condition that might put yourself and/or others at risk.
- Whilst a member, you must also tell us if there is any change in your health that may present a risk to yourself or others. It is important to inform those around you e.g. coaches and crew members, of any condition they might have to deal with in the event of an emergency.
- **Swimming Ability:** You must be a competent swimmer and be able to swim at least 50 meters in light clothing.

Membership Fees

Membership year runs from 1 January 2021 to 31 December 2021 with a summer break for coaching in July and August. A discount may apply to full year memberships, if joining after 1 May. Tick – *all fees are VAT inclusive*

Adult Member: full year - AED787.50

Junior Member: full year - AED 420.00

Family Membership: full year - AED 1995.00

Learn to Row Programme: One day introduction to rowing and kayaking - AED 367.50

Payable to the Club Main Reception. Renewal of annual membership can be done as part of your Club Annual Membership Renewal

Volunteering

ADRC keeps its fees low through its reliance upon volunteers. Coaches receive no payment for the coaching time given at weekends. Adult members, or junior members and their caregiver(s), are expected to contribute in some way to the running of the club. You may want to ask a committee member how you can help. Suggestions include fundraising, sponsorship, cleaning the clubhouse, boat maintenance, assisting at club run regattas or catering at camps and away trips.

Safety Instructions

- Members will follow the instructions of coaches and club officers.
- Outside of scheduled sessions, rowers & kayakers will inform the Health Club Main Reception prior to going on the water and confirm return time and route being taken. On return, inform them of your safe return.
- Beginners are allowed on water only under direct supervision of a coach, and intermediates/seniors only upon passing a Level 1 Sculling - Captain's Test or Level 2 Sculling - Captain's Test if a quad is being used.
- **Check ADRC Booking WhatsApp Group.** Check bow balls, heel restraints, oar and scull buttons, and buoyancy compartments. Should a problem exist report the damage. No boat will be allowed out until this is fixed.
- Accidents, near misses, hazards and boat or equipment damage will be reported to a coach or club committee member immediately.

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Photography & Filming

- In rowing, video of athletes training is a useful tool in improving technique. Video & photography may be used during club training/competition for the purposes of technical coaching.
- In order to publicise the achievements and activities of the club, we would like to occasionally use photos of club members and their respective families taken at such events.
- Unless you specifically request it in writing we will assume it is OK to use video/photos of your son/daughter/family to be included in publications/promotions. These may include advertising literature, local newspapers, website and social media.

Code of Conduct

1. All members must participate within the rules and respect officials and their decisions.
2. Members must keep to agreed timings for training and competitions or inform their Coach or Club Captain if they are going to be late or unable to attend.
3. Members must pay any fees for training and competitions promptly.
4. Members must abide by the Constitution of the Club.
5. Members should report illness or injury to their Coach so training can be adapted.
6. Be respectful of all other members, their training and equipment. Ensure any boat damage is reported immediately to the Club Captain or Coach on duty and that appropriate documentation is completed.
7. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
8. Members are to respect and be courteous to other slipway users at all times and avoid placing boats and equipment that may prevent access to the slipway, sub aqua building or boat parking areas

UAE Regattas

- Members aged under 14 cannot attend a regatta requiring an overnight stay unless accompanied by a parent or adult caregiver.
- While attending regatta, all members agree to abide by the instructions of club officials.
- Rowers sent home from a Regatta due to gross breach of club rules or code of conduct, will be sent at their own cost and will not be eligible for a refund in any portion.

Declaration

To be accepted as a member you must complete the following declaration:

1. *I have read and understood both the Personal Health and Swimming Ability statements above and declare that I can meet the minimum swimming requirements and I have no need to seek medical approval* or have been passed medically fit to row* (* delete as appropriate).*
2. *I agree to inform the Club, coaches and crew of any change in my personal health or swimming capability that may put myself or others at risk.*
3. *I consent for any supervising personnel to give emergency medical attention should the need arise.*
4. *I agree to adhere to all Safety instructions. (See Safety Instructions above).*
5. *I agree to abide by the club's Safety, Rules & Policies at all times. See Code of Conduct, including Regattas and Camps above)*

Applicants Signature: _____ **Date:** _____

Parents/caregivers: in signing below you accept full responsibility for your child's participation in all club activities and will not hold the club liable should any complications arise from personal health conditions.

Parent/Caregivers Name: _____ **Date:** _____

Abu Dhabi Rowing Club reserves the right to decline new membership and or renewal applications