

# *CASTLE DORE ROWING CLUB*

[www.castledorerowingclub.org.uk](http://www.castledorerowingclub.org.uk)

REGISTERED CHARITY NO.1111204

## **Gym Membership/Circuit Training**

**\*I confirm that I/my child have been shown how to use the Rowing Machines<sup>x</sup>/Gym Equipment<sup>x</sup> by an authorised club member<sup>x</sup> or I have experience in using the rowing machines and gym equipment<sup>x</sup>. I know of no medical reason why I should not take part in these activities. I will only use the equipment that has been agreed above.**

**\*I confirm that I know of no medical reason why I/my child should not take part in Circuit Training sessions.**

**NB: You should seek medical advice before participating in any activity if concerned or medical conditions are present.**

**I take full responsibility for ensuring that there is no medical condition that precludes me/my child from taking part in the activities listed above, or that I have sought my doctor's advice and agreement to do so.**

**I agree that should any medical condition or injury occur whilst taking part in these activities, Castle Dore Rowing club is not liable.**

**I agree to inform the Membership Secretary should there be any change in my medical condition from the date that this agreement is signed.**

**Name of participant:**

**Name of parent/guardian if under 18 years old:**

**Signature of participant/parent**

**Contact number of parent/guardian:**

**x Delete as appropriate**

**Authorise club members:**

**CDRC Ergo Rowing Machine**

**Andrea Chapman**

**Robin Mills**

**Alastair Barr**

**X**

**X**

**FRCC Gymnasium**

**Brian**

**Gilda Davies**

**x**

**X**

**X**