

Burton Leander Rowing Club

Health Declaration and Swimming Proficiency Form



Your Personal Health:

Rowing and its associated training can be a strenuous activity. You should therefore be in good health and have no medical or physical conditions precluding heavy exercise.

If there is any doubt you should first consult your doctor.

Some conditions such as asthma and diabetes, for example, do not prevent individuals participating in the sport, but **you have a duty to declare any condition that might put yourself or others at risk.**

If required please comment on any such condition so that it can be dealt with in the event of an emergency.

Your Swimming Ability:

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 cannot meet this requirement you must wear a lifejacket or buoyancy aid at all times when in a boat.**

Declaration of Your Personal Health & Swimming Proficiency

I have read and understood both the Personal Health and Swimming Ability statement above and declare that I can/cannot * meet the minimum swimming requirement and I have no need to seek medical approval/ have been passed medically fit* to row .

(Delete as appropriate*)

Applicant's Name: _____

Applicant's signature: _____

Date: _____

Emergency Contact

Contact's Name: _____ Contact's Number: _____

N.B. This declaration should be completed before any activity is undertaken