



Commercial RC  
Longmeadows  
Islandbridge  
Dublin 8

**COMMERCIAL ROWING CLUB**  
**MEMBERSHIP APPLICATION FORM**

Name:			
Address:			
Date of Birth :			
Home Telephone:		Mobile:	
E-mail:			
Registration Number:		(If you've rowed before)	
Emergency Contact:		Yes/No	
Contact by text/email:	Yes / No		If Junior, parent must OK

If you have rowed before please give details;

Do you have any Rowing Points:		Are you a cox:	Yes / No
Do you have any Sculling Points:		Are you a coach? What level?	

Please add any details of your rowing career:

Please provide details of an emergency contact

Emergency Contact:	
Relationship to Applicant:	
Address:	
Emergency Telephone No.:	

I wish to apply for ADULT/ADULT CONCESSION/JUNIOR/STUDENT/ membership.

I have read and agree to abide by the Rules of the River and the Safety Rules of Commercial Rowing Club.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Must also be signed by a parent/guardian if under 18: \_\_\_\_\_

Please complete the medical form overleaf so we can best cater for your needs at the club.



## COMMERCIAL ROWING CLUB

### MEDICAL DECLARATION

Rowing and its associated training can be a strenuous activity. You should therefore be in good health and have no medical or physical condition 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 do have a duty to declare any condition that might put yourself or others at risk. Likewise you have a duty to declare any change in personal health whilst a member of the club that may put yourself or others at risk.

It is important therefore that you inform those around you e.g. the Captain, coaches and crew members, of any condition they may have to deal with in the event of an emergency.

Do you currently suffer or have ever suffered from any of the following?

Asthma:	Yes / No	Epilepsy:	Yes / No
Bronchitis:	Yes / No	Diabetes:	Yes / No
Blackouts:	Yes / No	Ear Problems:	Yes / No
Muscular/ Skeletal Injuries:	Yes / No	Heart Problems	Yes/No

If you answer yes to any of the above or if you have specific allergies or illnesses please give details:

#### 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.

Can you swim 50m in light clothing?	Yes / No
Have you ever done a capsized drill?	Yes / No

I agree to inform CRC of any changes to my personal health/swimming proficiency

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent/Guardian if under 18: \_\_\_\_\_

**Note : Commercial Rowing Club does not insure its members and it is required of all members to register with Rowing Ireland and the Rowing Ireland Group Insurance Policy.**