



Kingswear Rowing Club

Established 2002

www.kingswearrcc.co.uk

Chair: Steve Ainsworth

Hon Secretary: Anita Howard

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Ergometer Training Application

I apply to become a registered user of the Kingswear Rowing Club Ergometers.

I declare that I am a member of the Kingswear Rowing Club and that I will abide by the rules of the Club as laid down in the Constitution and the Club Safety Code. I agree not to use the Ergometers until I have read and understood the guidance notes for using them (as posted in the Village Hall and on the Club Website) and have attended an official training demonstration.

I have signed the Declaration of Health on the Club application form, and declare that I know of no reason, health or otherwise, why I should not participate in Rowing or Ergometer training and associated activities. I take part in any Rowing or Ergometer training entirely at my own risk and waive any right of legal recourse for damages to myself or my property arising from my participation.

I understand that Ergos must not be used unless at least two members are present and that fire regulations dictate that no more than six members may use the Village Hall Balcony at any one time. I understand that under 18's wishing to use the ergometers must always be accompanied by an adult member. I also agree not to use the ergometers if the Main Village Hall is being used by others, unless with their specific permission.

FORMAL DECLARATION

Members must sign and return this form before using the Ergometers

(Parent or legal guardian must sign for members under 16 and under 18 if unmarried)

Name: **Age (if under 18):**

Address:

If you have been trained to use Concept 2 Ergos tick here as no further training is necessary:

Signed (member): **Date:**

Name: **Contact Number:**

Signed: **Date:**

(Parent/Person with parental responsibility)

Although pre-booking the ergometer is not absolutely necessary, any members booking the machines on the official form posted in the hall will have priority over members arriving to use the machines on a casual basis. Maximum booking time is 1 hour per crew, although this can be extended if no other member has booked or is waiting to use the ergometers.

The key to the Hall is available from the Post Office, where members will be required to sign for it and return it directly afterwards (post the key through the letterbox if the Post Office is closed). The code for the combination padlock to the balcony entrance will be given to you by a committee member when you have completed this form and sent it to the secretary.