

**BANKERS ORDER FOR
LANCASTER JOHN O' GAUNT ROWING CLUB**



SENIOR MEMBERSHIP SUBSCRIPTIONS

The current membership subscription rate for full membership of the rowing club as a Senior member is £240.00 per year or £20.00 per month.

Please complete the following Bankers Order form and hand in to your bank.

Any Queries contact

Steven Sullivan (John O' Gaunt Rowing Club Treasurer)
School House
East Road
Lancaster
LA1 3EF

If there is any problem with payment at anytime, please inform a member of the Executive Committee immediately

Bankers Order:-

To the Manager

Bank

Branch Address

Postcode

Name of Account Holder

Personal Account Number

Sort Code

Please pay the sum of £20.00 monthly to: **National Westminster Bank
Church Street
Lancaster**

To the credit of: **John O'Gaunt Rowing Club No. 2 Account**

Account No **01036076**
Sort Code **01 54 90**

Beginning the first payment on
(insert date of the month you wish payment to go out)

Name of member to which applies

Signature:
(of account holder)

Code of Practice for Members



Lancaster John O' Gaunt Rowing Club Lancaster Schools' Rowing Association

Lancaster John O' Gaunt Rowing Club and Lancaster Schools' Rowing Association are fully committed to safeguarding and promoting the well-being of all its members. The clubs believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Matthew Birchall (Club Captain).

As a member of *Lancaster John O' Gaunt Rowing Club* or *Lancaster Schools' Rowing Association*, you are expected to abide by the following code of practice:

- ✓ All members must play within the rules and respect officials and their decisions.
 - ✓ All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
 - ✓ Members should keep to agreed timings for training and competitions or inform their coach if they are going to be late.
 - ✓ Members must wear suitable kit – for training (close fitting warm clothing) and at least a club t-shirt in competition, as agreed with the coach.
 - ✓ Members must pay any fees for training or events promptly.
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Membership Form



Lancaster John O' Gaunt Rowing Club **Lancaster Schools' Rowing Association**

We are very pleased to welcome you to rowing on the *John O' Gaunt Rowing Club premises*.

To ensure we have the correct contact details for you, please fill out this form and give it back to the Junior Coordinator (*if School Age*) or a committee member.

If you are under 16, please also ask your parent or carer to sign the form before it is returned. We will also use this information to ensure that you are kept informed about club events.

Name

Address

Postcode

Home telephone number

Mobile*

Email*

Date of Birth

* Neither the mobile number nor the email should be that of the child or vulnerable adult - this could make children vulnerable and is considered poor practice. For a child or vulnerable adult these details should be those of the parent/carer.

Medical information



Please detail below any important medical information that our coaches/
Junior Coordinator should be aware of (e.g. epilepsy, asthma, diabetes etc.)

Emergency contact details

To be completed by the parent/carer if School Age or Vulnerable Adult (text in italics refers to a parent or carer).

Please insert the information below to indicate the person(s) who should be contacted in event of an incident/accident.

Contact name e.g. parent/carer

Emergency contact number

By returning this completed form, I agree to my son/daughter/child/adult in my care taking part in the activities of the club.

I understand that I will be kept informed of these activities – for example timing and transport details.

I understand in the event of injury or illness all reasonable steps will be taken deal with that injury/illness appropriately, *and to contact me.*

I confirm that I, *or son/daughter/child/adult*, am able to swim at least **50m** in light clothing and shoes and have no medical conditions which may put me or others in danger whilst rowing or using the facilities at the John O'Gaunt Rowing Club.

I agree to abide by the rules of John O'Gaunt Rowing Club and Lancaster Schools' Rowing Association.

Name

Signature

Date

Sport England Data



Ethnicity

In order to help the club monitor its membership please will you tick one of the following boxes to identify your ethnic group/origin.

A. White

- British
Irish
Any other white background (please specify)
-

B. Mixed

- White & Black Caribbean
White & Asian
White & Black African
Any other mixed background (please specify)
-

C. Asian or Asian British

- Indian
Pakistani
Bangladeshi
Any other Asian background (please specify)
-

D. Black or Black British

- Caribbean
African
Any other Black background (please specify)
-

E. Chinese or other ethnic group

- Chinese
Any other (please specify)
-

Disability



The Disability Discrimination Act 1995 defines a disabled person as anyone with 'a physical or mental impairment, which has a substantial long-term adverse effect on his or her ability to carry out normal day-to-day activities'.

Do you consider yourself to have a disability?

Yes No

If yes, what is the nature of your disability?

Please detail below any important medical information that our coaches/junior coordinator should be aware of

- Visual impairment
- Hearing impairment
- Physical disability
- Learning disability
- Multiple disability
- Other (please specify)

Sporting information

Have you rowed before?

Yes No

If yes, where have you played the sport (please indicate below)

- Primary school
- Secondary school
- Local authority coaching session(s)
- Club
- County
- Other (please specify)

Be Safe Whilst Rowing



Lancaster John O' Gaunt Rowing Club / Lancaster Schools' Rowing Association

Once you have successfully completed the following four drills/skills you will be allowed access to selected rowing equipment without the use of a lifejacket.

Capsize Drill

It is **essential** that you are able to recover from a capsize. To ensure that you are able to deal with a capsize the Club regularly runs capsize drills for its members.

Until you have satisfactorily completed a capsize drill you will have to wear a lifejacket at all times whilst using rowing equipment on the water.

Date of Assessment	<input type="text"/>	Location	<input type="text"/>
Coach	<input type="text"/>	Signed	<input type="text"/>

Should you not complete the drill to the full satisfaction of the coach then you may be asked to do the drill again, or be asked to improve your water confidence before returning to the Club.

If you are over **16** and have completed a capsize drill elsewhere then you may be exempt this portion of your assessment.

Club	<input type="text"/>	Signed	<input type="text"/>
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Launching and Landing

It is **desirable** that you are able to **independently** launch and land a single scull which includes getting in and out of the single without assistance.

The coaches will direct and demonstrate these skills prior to your assessment.

Date of Assessment	<input type="text"/>	Location	<input type="text"/>
Coach	<input type="text"/>	Signed	<input type="text"/>

Emergency Stop, Steering and Preventing Collisions



It is **essential** that you are able to stop a single in an emergency situation. It is **essential** that you attempt to prevent collisions by primarily steering correctly and then drawing other river users' attention to your presence.

The coaches will direct and demonstrate steering, emergency stops and emergency calls prior to your assessment.

**Date of
Assessment**

Location

Coach

Signed

Manoeuvre and Aid Others

It is **desirable** that you are able to manoeuvre a boat in close proximity to other boats. It is also **desirable** to be able to manoeuvre a single alongside another boat so that you can aid others.

The coaches will direct and demonstrate this skill prior to your assessment.

**Date of
Assessment**

Location

Coach

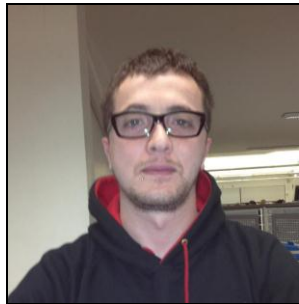
Signed

Junior Coaches and Contact Details



Lancaster John O' Gaunt Rowing Club Lancaster Schools' Rowing Association

Junior Coordinator	
Name	Ciro Prisco
Address	Beattie House 5 Bowran St Preston PR12UX
Telephone	07715 423068
Email	CPrisco@uclan.ac.uk
BR Number	201304S1098373



Welfare Officer	
Name	Lorna Sullivan
Address	School House East Road Lancaster LA1 3EF
Telephone	01524 65830
Email	lornasullivan@hotmail.co.uk
BR Number	201011G1011497



Name	Coaching Award	Child Prot. Renewal	CRB Checked	First Aid Renewal	Equity Renewal	BR Membership Number
Ciro Prisco	L2 2012	2012	2012	2012		201304S1098373
Steven Sullivan	Bronze*	02/12	Yes	02/12	04/12	201103G1007923
Sarah Forshaw	L2	12/12	Yes	12/12		201108S1048766
Lorna Sullivan	IA**	02/12	Yes	02/12	04/12	201011G1011497
Iain Taylor	Bronze*	Out.	Yes	02/11		201106S1017402

Bronze* - Old L3 (still valid)
IA** - Old L2 (still valid)