



## **LANCASTER JOHN O' GAUNT ROWING CLUB**

Dear Sir/Madam,

On behalf of Lancaster John O' Gaunt Rowing Club I would like to welcome you to rowing with us. I am writing to you to provide you with some information about our activities.

Lancaster John O' Gaunt Rowing Club has gained Sport England's Clubmark, which is awarded to clubs by 'British Rowing', the National Governing Body. The Club is able to demonstrate that it meets British Rowing's criteria as to rowing programme; safeguarding and protecting children and vulnerable adults; knowing your club and its community and club management. Clubmark is an acknowledgement that we take these issues seriously and that we are striving to provide a high quality and welcoming environment for participants in the sport. The club is also registered as a Community Amateur Sports Club. Our club Welfare Officer, Karen Tidswell is responsible for ensuring that our child protection policy is implemented, and can be contacted on **078169 98831** or [k.tid@btinternet.com](mailto:k.tid@btinternet.com) should you have any concerns.

Club training kit consists of close fitting sports kit, of which further details and opportunities to purchase are available. All members should attend club sessions with a spare set of kit to change into should they get wet.

The cost of annual membership is £240 made payable by monthly payments of £20.00 to Lancaster John O' Gaunt Rowing Club.

Competition fees range between £10 and £20 for events within the North West, covering the cost of transporting equipment to events and entry fees. In order to race you will need to join British Rowing (various fee levels are available); additional information is available at <http://www.britishrowing.org/membership/types>. <http://lancasterrowing.co.uk/events> lists all the races which the club intends to participate at.

Please would you complete the attached club membership form. For the safety of all involved it is important that the club is informed of any medical condition or allergies that may be relevant, should you fall ill or be involved in an accident while at the club. All sensitive information regarding is securely stored by the club; only the welfare officer and relevant coaches and committee members have access to this information.

If you would like to talk to someone at the club about this information or your involvement with the club, or to sign up for regular updates sent out to the members through email and social media, please visit <http://lancasterrowing.co.uk/contact/> or email [info@lancasterrowing.co.uk](mailto:info@lancasterrowing.co.uk).

We thank you for your time and look forward to meeting you on the water at some point in the near future.



## Code of Practice for Members

Lancaster John O' Gaunt Rowing Club is fully committed to safeguarding and promoting the well-being of all its members. The club 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 Scott Houghton (*Club Captain*).

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

-  All members must participate within the rules of the club and guidelines of British Rowing and respect club officials and other officials of the sport 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 Captain 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 Captain.
-  Members must pay membership fees, training fees or event fees promptly.
-  All members should report damage to equipment at the earliest opportunity in the damage book and directly report to a club official boats damaged to the point where it should not be used should have several crosses taped on the hull to prevent further use.
-  Any conflict with third parties must be immediately reported to a club official.



## Membership Form

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

To ensure we have the correct contact details for you, please bring all of the following information to your first session at the club: this information will be electronically inputted at the club.

**Name:**

**Address:**

**Postcode:**

**Home Telephone Number:**

**Mobile:**

**Email:**

**Date of Birth:**

I am applying for the following membership:

Full (adult rowing member)

Honorary (Committee discretion)

Support (volunteer member who does not row)

Temporary (adult rowing member at Committee discretion)



Medical information

If you suffer from any disabilities, illnesses or other limitations which might affect your safety, or your ability to comprehend and carry out instructions, or might affect the safety of other river users, you **MUST** disclose them here (If not applicable, **please write 'None'**)\*

**Do you suffer from any allergies?**      Yes       No

**If yes, please provide details**

Emergency contact details

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

**Contact name:**

**Emergency Contact Relationship:**

*What is the relationship between you?*

**Emergency contact number:**



I confirm that I 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.

**Name:**

**Signature:**

**Date:**



## Be Safe Whilst Rowing

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.

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

### Capsize Drill

Be 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:**

**Location:**

**Coach:**

**Signed:**

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 have completed a capsize drill elsewhere then you may be exempt this portion of your assessment.

**Club:**

**Signed:**



## Launching and Landing

Be able to launch and land a single scull **independently**, which includes getting in and out of the single without assistance.

**Date of Assessment:**  **Location:**

**Coach:**  **Signed:**

## Emergency Stop, Steering and Preventing Collisions

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

**Date of Assessment:**  **Location:**

**Coach:**  **Signed:**

## Manoeuvre and Aid Others

Be able to manoeuvre a boat in close proximity to other boats.

**Date of Assessment:**  **Location:**

**Coach:**  **Signed:**



## 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)

Secondary school   
FE/HE college/University   
Local Authority coaching session(s)   
Club   
County   
Other (please specify)

