



Learn To Row & Recreational Rowing Application Form

MILDURA ROWING CLUB

Hugh King Drv, Mildura Vic 3500,
Phone Club House 03 5023 8456
ABN 78 518 285 576

www.mildurarowingclub.org.au

Please provide a copy of ID, ie Drivers Licence, School ID Card

Personal Details

Name in Full:

Date of Birth:

...../...../.....

Phone Mobile:

Phone Home/Work:

Email:

Address:

Postcode:

I wish to participate in the Learn To Row & Recreational Rowing course being held on: / /

(Held on 1st and 3rd Sunday each Month)

Candidates Declaration

Please tick all boxes to indicate you have read the following statements and they are true and correct:

- Rowing as an activity requires physical exertion not just in the execution of the stroke cycle, but also in the lifting and carrying of (sometimes-heavy) equipment. Applicants who have any doubts regarding their physical fitness for these activities are recommended to consult a qualified sports physiotherapist or doctor before enrolling in the course. All persons enrolling in the course do so at their own risk. **Yes / No**
- I am able to swim at least 100m fully clothed **Yes / No**
- To the best of my knowledge, I am medically fit to undertake this type of physical activity **Yes / No**
- I understand the risks involved in commencing a new physical activity and am aware of the dangers associated with water sports **Yes / No**
- I hereby accept full responsibility for my own health and safety whilst participating in this course **Yes / No**

Please detail any pre-existing injury/illness or other considerations your coaches should be aware.

Signature:

Date:

/ /

Parent or guardian consent for applicants under 18 years

Name:

Signature:

Date:

/ /

Application Submission & Payment Details

Please advise your request to attend the course and secure a place by emailing the Mildura Rowing Club on info@mildurarowingclub.org.au. Present your application along with payment of \$10.00 on the day you attend the course. **(Held on 1st and 3rd Sunday each Month)**

Payment entitles you to a 3 week access to the Mildura Rowing Club facilities and Learn to Row program before you will be required to officially join.



Learn To Row & Recreational Rowing Application Form

MILDURA ROWING CLUB

Hugh King Drv, Mildura Vic 3500,
Phone Club House 03 5023 8456
ABN 78 518 285 576

www.mildurarowingclub.org.au

Learn to Row Course details.

Program Day 1	9-00am	Welcome and Visitor Induction Boat Terminology Boat Safety Rowing Technique Instructions on Rowing Machine (ergo) Induction Booklet
Program Day 2	9-00am	Review of previous week Row on water

Note: This Program is a typical example. Changes occur depending upon the number of Learner rowers attending and on commitments on volunteers at the Rowing Club. (ie, They could be attending away Regattas on the 1st or 3rd Sunday of the Month.)

What to Bring

- Hat
- Sunscreen
- T-Shirt (not too baggy)
- Shorts and /or Tracksuit (not too baggy)
- Water bottle
- Runners
- Sport socks
- Extra layers of clothing if it is cold

There are suitable change rooms and showers at the club.