

		<h2 style="text-align: center;">Monmouth Rowing Club</h2> <h3 style="text-align: center;">Safety Form</h3> <p style="text-align: center;"><b>You MUST complete this Safety Form before you go on the water</b></p>	
Name		Date of Birth	
Address			
Post Code		Telephone	Mobile
Email			
Emergency Contact		Telephone	
Email			
<p><b><u>Safety</u></b></p> <p>Can you tread water for 2 minutes, swim a minimum of 50 metres in light clothes and swim at least 5 metres under water                      Yes/No</p>			
<p><b><u>Health</u></b></p> <p>Please indicate if you currently suffer from or have suffered from any of the following</p>			
Asthma	Yes/No	Diabetes	Yes/No
		Heart Condition	Yes/No
Epilepsy	Yes/No	Blackouts	Yes/No
		Circulatory Problems	Yes/No
<p>Are you suffering from any illness or condition not listed above which could affect your ability to row?                      Yes/No</p>			
If Yes please detail			
<p>Are you currently taking any medication that could affect your ability to row?                      Yes/No</p>			
If Yes please detail			
<p style="text-align: center;"><b><u>Safety on the Water</u></b></p> <p>Rowing conditions on the River Wye can often be unpredictable and create unforeseen dangers for all rowers not just young or inexperienced ones. The Club are only able to ensure that safety launches are on the water and manned during regular training sessions.</p> <p>All members and visitors must be aware that they row at their own risk at all times and the Club cannot accept responsibility for accidents on the water.</p>			
Signed		Date	
If under 18, Signature of Parent/Guardian			

