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Southsea Rowing Club - Learn To Row registration form

Please complete this form if you would like to register for the next Learn To Row course at Southsea Rowing Club. This is an expression of interest with no commitment at this time, we will contact you when the dates for the next Learn To Row course are published, at which point you will need to confirm your interest and pay £36 for the course if you wish to take part.

Name:		
Phone number	Home:	Mobile:
Email address (email is the club's primary form of communication)		
Age (if under 18)		

Health Note: Regular exercise may include some risk. Before beginning a regular exercise programme, you may wish to consult your doctor, especially if you are over 40 years of age and have not done any regular exercise for the past 5 years; smoke; have high blood pressure/cholesterol; have any signs/symptoms of any disease; experience chest pains/dizziness/loss of consciousness; are recovering from a serious illness or surgery; have a pacemaker or another implanted electronic device; have any other concerns about your ability to undertake regular exercise. Please let your coach know if you are under doctor's advice regarding exercise.

Signature:_____ Date:_____

If under 18 years then please have this form countersigned by a parent/guardian:

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Completed forms to be returned either via email to membership@southsearowingclub.co.uk
or via post to Membership Secretary
Southsea Rowing Club
Clarence Esplanade
Southsea
Hampshire
PO5 3AE

For club use:

On receipt of registration form:

Date received _____

Received by _____

On confirmation of Learn To Row Course:

Date contacted _____

Wishes to participate? _____

Date course fees received _____