



Corporate Rowing Events at Leander Club

Personal Information

Name in print..... Organisation:.....

Date of birth:..... Male/Female

Emergency contact name:..... Emergency contact number:.....

Medical Form - Please circle YES or NO

Heart problems of any kind YES/NO

High blood pressure YES/NO

Recurrent back problems or surgery YES/NO

Epilepsy, seizures, convulsions or medications to prevent them YES/NO

Asthma, wheezing with breathing or wheezing with exercise YES/NO

Diabetes YES/NO

Any arm or leg problems YES/NO

Do you regularly take prescription/non-prescriptions medication YES/NO

Women – are you pregnant YES/NO

Are you a competent swimmer YES/NO

Do you have any medical conditions you think we should be aware of YES/NO

Acknowledgement of Risk

There will always be some risk involved in any type of adventurous activity such as rowing, indeed the benefits of rowing would probably be nullified if these risks were completely removed. The type of risk is generally confined to the same sort of risks that a normal adult involved in normal active recreation may experience and we consider the level of risk in rowing to be low and reasonable. However, you must decide personally if you also consider it reasonable and our 'challenge by choice' approach endeavours to ensure that participation in any activity is always at your own discretion.

Disclaimer Notice

Leander Club does not accept any liability for any injury or damage to own or third party property and requires you to indemnify us in respect of such losses due to your own negligent acts. It is a condition of participation that individuals must take out their own third party insurance cover. Responsibility for loss or damage to boats, equipment or other property on the club's premises or elsewhere will not be accepted by the club.

Statement

I understand and acknowledge that there are inherent risks associated with exercise equipment and facilities such as those available in the gym and using boats on the river. I agree that all exercise and activity I engage in at Leander Club will be done at my own risk. I waive my right to any claims against Leander Club that may arise out of any activity, event, use of the club facilities or my presence on the premises, including personal injury, theft and all property damage.

Signature of participant:.....Date:.....

Please see details of our Risk Assessment on the reverse of this form.

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RISK ASSESSMENT

RISK

Persons who are not familiar with water safety do something silly and dangerous.

ACTION

Names Water Safety Officer for each event who produces a written plan and oversees the day.

Unfit or unhealthy people not used to physical exertion collapse or injure themselves due to excessively hard activity.

Complete questionnaire overleaf.

Advise not to do it for people with a history of bad back or on-going problems.

Ensure level of effort required is light or moderate.

A participant falls in the river.

Weed out non-swimmers through questionnaire.

Only use 'unsinkable' boats such as a quad and eight.

Rescue launch to be on the river at all times.

Emergency services required for whatever reasons and time delay in summoning.

Water Safety Officer/Coach to have mobile phone and appropriate numbers on a card.

Bank side cover on a bicycle also with a mobile phone.

Fast river conditions.

Do not go out if river is high.

Recommend April-September window.

Dorney Lake as alternative location.