



## Membership Form 2024

Chairperson	<b>Cecilia Paul</b>	ceciliahigh5@gmail.com
Secretary	<b>Pam Springthorpe</b>	secretary@arrancoastalrowing.co.uk
Treasurer	<b>Karen Haggarty</b>	treasurer@arrancoastalrowing.co.uk

**Welcome to the Arran Coastal Rowing Club.** Membership of the club is open to all with a minimum age of 14 years. Junior members (14 and 15 years) have to be accompanied by a guardian during outings. To join, please read the information on this sheet, which should be retained. The second sheet should be completed and forwarded together with your payment to the Treasurer. Your details will be stored on the club database.

### **In taking membership you are acknowledging your acceptance of the club rules and specifically:**

I understand that all members, guests and visitors of the club use the boat entirely at their own risk and explicitly accept that:

1. Rowing is undertaken at my own risk, and that it is my responsibility to declare myself unfit for rowing if unfit or unwell;
- 2. Life jackets must be worn at all times when afloat;**
3. The club will not accept any liability for any damage to or loss of property belonging to members, their guests or visitors to the club;
4. The club will not accept any liability for personal injury arising out of use of club facilities, or out of participation in any race or other activity organised by the club (including travel to and from rowing events), whether sustained by members, guests or visitors or caused by the said members, guests or visitors, whether or not such damage or injury could have been attributed to or was occasioned by the neglect, defaults or negligence of any of the officers, committee or servants of the club;
- 5. At least one experienced cox should be onboard and responsible for a club skiff at any time it is afloat. Experienced coxes are officially acknowledged as such by the ACRC committee and designated by an asterisk next to their name/initials on the club's website.**

### **Organisers of a rowing session should:**

- Check the weather forecast and tide;
- Tell someone who is not going out when you expect to return;
- Ring this person to tell them you are safely back;
- Check the boat equipment before setting out;
- Report any damage or missing items to a committee member.

Please treat the skiffs and their equipment as though you and your friends had spent hundreds of hours making and painting them. Thank you.

***Happy rowing!***

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## Declaration

Regular physical activity is fun and healthy, and being more active is very safe for most adults. However, some should check with their GP before they start becoming much more physically active. Rowing, especially in races, can be strenuous and in a boat you may be some distance from help. We ask members to take responsibility for their fitness to row, and to rule themselves out if temporarily feeling unfit.

Members who have any disability which might affect their or others' safety (like hearing or vision impairment) are asked to tell the cox and/or the coach.

Possible reasons to consult your GP about rowing are:

- If your GP has ever said that you have a heart condition and that you should only do physical activity recommended by him/her;
- If you feel pain in your chest when you do physical activity;
- If in the past month, you have had chest pain when you were not performing physical activity;
- If you lose your balance because of dizziness or if you ever lose consciousness;
- If you have a bone or joint problem that could be made worse by a change in your physical activity.

**By signing the form below I acknowledge that I have read and accepted the above declaration and the following statement:**

“The Club may keep a record of your contact details in accordance with the Club’s Data Protection Policy (see website) for the purposes of informing you about the activities of the Club and notifying you of Club business such as membership renewals. This personal data will not be divulged to any other organisation. Your phone number and email address will be available on the website to all other club members in order for them to contact you about rowing outings.”

Signature	
Name(s)	
Postal address	
Landline	
Mobile	
Email address	

**I am a member of Arran Yacht Club YES/NO**

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**Please print out and complete the above form and either:**

- a) send it to Karen Haggarty, Treasurer A.C.R.C, Bruach, Shiskine, Isle of Arran, KA27 8ER  
or
- b) put it in the red box below the white cupboard in the Yacht Club.

**Your membership fee (see below) can be paid by:**

- a) cheque payable to the **Arran Coastal Rowing Club** and attached to your completed membership form  
or
- b) BACs (online banking)  
Sort code: **83 16 37** Account No: **00117919** (please quote your name in the reference line)

### **Yearly Membership Fees**

**Please note:** As the Arran Coastal Rowing Club (ACRC) is affiliated to the Arran Yacht Club (AYC), **all ACRC members must also pay the annual AYC membership fee. AYC will invoice you directly.** For this, ACRC members get use of the facilities, insurance and storage of the skiffs. To view the current AYC membership fee please see their website at [www.arranyachtclub.co.uk](http://www.arranyachtclub.co.uk).

Annual ACRC Membership Fee 2024	£30
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Please note that ACRC membership is always valid until the February of the following year, **irrespective** of when one joined.