



# Application for Membership

## Introduction

Welcome to Rowing on Loch Lomond where we have been sticking our oar in since 1827. This document explains; the types of membership available, what the new member can expect, what the Club needs in return, how you might progress, and the Regulations and Safety policies we adhere to.

## Full membership

Full membership will give you:

- Access to the Club's facilities all year round (Juniors/vulnerable persons under supervision)
- Access to further coaching and training
- The opportunity to race at rowing regattas across the country

## Trial Membership

The Club opens its membership for new applicants a few times a year to offer a trial membership of 4 weeks or full membership from the outset. This 'Try before you buy' 4 week trial will give you the opportunity to see if rowing suits you and includes an introduction to:

- The Club house and its facilities
- The coaching team and their resources
- On dry land, the basics of rowing on the rowing 'Ergometer'
- On the water, getting into, rowing and safely maneuvering a boat
- Safety and navigation on the River Leven and Loch Lomond

Should you enjoy it so much you want to go for full membership, the cost of the trial will be deducted from the price of the full membership. **The Full membership 'year' runs from April to March and prices are:**

<b>Full Membership</b> <i>(direct debit option available)</i>	
<b>Adult</b>	£220.00
<b>Student</b>	£120.00
<b>Junior</b>	£120.00
<b>Country Member</b>	£100.00
<b>Boat Racking</b>	£60.00

<b>4 Week Trial Membership</b>	
<b>Adult</b>	£40.00
<b>Student</b>	£30.00
<b>Junior</b>	£20.00

## Autumn Membership

Autumn membership will give you:

- Access to the Club's facilities from September until April (Juniors/vulnerable persons under supervision)
- Access to further coaching and training
- The opportunity to race at rowing regattas across the country

For new Members joining in the Autumn intake, (September onwards) the fees have been calculated to take into account the reduction in months. **The Half Yearly memberships fees are:**

<b>Autumn Membership</b> <i>(direct debit option available)</i>	
<b>Adult</b>	£100.00
<b>Student</b>	£60.00
<b>Junior</b>	£60.00
<b>Country Member</b>	£50.00
<b>Boat Racking</b>	£60.00

## **Country Membership**

The Country Membership is available to those who are a full-time member of another rowing club.

## **Fees**

Fees for the Trial Membership are payable in full on or before the start of the trial. **Fees for the Full Membership are payable in full on or before 1<sup>st</sup> April every year or by direct debit( please ask for more details if you wish to pay by Direct Debit).**

**Autumn Members are required to make Autumn Fees payment once Trial period is over.**

## **Scottish Rowing Membership**

**Full members are also required to purchase membership of Scottish Rowing.** This can be completed on line via the Scottish Rowing website: <http://scottishrowing.azolve.com> and is a compulsory requirement for all Club members. Membership provides the benefits of full third-party insurance cover and enables the member to enter races run under Scottish or British Rowing rules. It is important to note that Trial Members won't benefit from this cover unless SR membership is taken out.

## **Swimming Test**

All members must be able to swim at least 50 metres and/or agree to complete a swimming test within 6 months of joining or at the earliest practicable opportunity. This will typically be at the local swimming pool, across 50 metres, supervised by the pool staff, and verified by a designated rowing club coach.

## **Regulations, Policies and Affiliations**

As with all registered sporting clubs we are obliged to adhere to rules and regulations set out by our governing bodies and comply with legal obligations whilst dealing with children and adults alike. The rules are there to protect everyone and help us create a safe environment for you to enjoy the sport.

We are affiliated to Scottish Rowing, the National Governing Body for the sport in Scotland, full details of which can be found at: <http://www.scottish-rowing.org.uk/>

We also have our own website at: <http://www.lochlomondrowingclub.co.uk/> and we require members to become familiar with our policies.

Please read our web safety page at: <http://www.lochlomondrowingclub.co.uk/safety.html> where you will be directed to our safeguarding policies and codes of conduct.

We require you to become familiar with them prior to becoming a member.

## **Parent/Guardian/Carer Consent**

The Club requires the parent/guardian/carer of children/vulnerable adults to grant permission for them to take part in activities detailed below. The opportunity to specify what they agree to is detailed in the application form at the end of this document. They are also required to provide a number where they can be contacted.

### **Video Footage and Still Photographs:**

Video footage is recorded for a number of reasons:

- As a training/coaching aid for the rowers themselves either at the club premises, training venues or competition venues.
- As part of a recognised coaching programme, e.g. where one of the club's coaches is working towards a recognised UKCC coaching qualification and their assessors need to see video evidence of the coaches' work.

In all cases the footage will only be used for the above purposes. It may be available on the Club's website but only in the secure members' area which cannot be viewed or accessed by the public.

**Still photographs** are used for coaching and may be used to promote the club's activities and successes on the club's website and in club publications.

## **Scottish Rowing Junior Membership**

**Junior members are also required to purchase membership of Scottish Rowing.** This can be completed on line via the Scottish Rowing website: <http://scottishrowing.azolve.com> and is a compulsory requirement for all club members. Membership provides the benefits of full third party insurance cover and enables the member to enter races run under Scottish or British Rowing rules. It is important to note that Trial Members won't benefit from this cover unless SR membership is taken out.

**THANK YOU**



# Loch Lomond Rowing Club Membership Application Form 2020/21



Name		Date of Birth	
Address		Phone	Home
Postcode			Mobile
		Email	

Usually memberships run from April to April, but New Members joining mid-year please see payment details below.  
**Membership Type** (tick the appropriate box).

Full Membership		Yearly APRIL	Joining in September		4 Week Trial Membership		
Adult	<input type="checkbox"/>	£220.00	<input type="checkbox"/>	£100	Adult	<input type="checkbox"/>	£40.00
Student	<input type="checkbox"/>	£120.00	<input type="checkbox"/>	£60	Student	<input type="checkbox"/>	£30.00
Junior	<input type="checkbox"/>	£120.00	<input type="checkbox"/>	£60	Junior	<input type="checkbox"/>	£20.00
Country Member	<input type="checkbox"/>	£100.00	<input type="checkbox"/>	£50			
Boat Racking	<input type="checkbox"/>	£60.00	<input type="checkbox"/>	£50			

Rowing is a strenuous activity and you must make sure you are in good health. If you have any medical conditions that could be adversely affected by exercise you must get clearance by your doctor before participating. Please give details of any medical conditions you think we should be aware of eg asthma, epilepsy, heart problems, diabetes, allergies etc

**Please note if you suffer from any medical condition that may affect your safety or the other members of your crew while out on the water you must ensure your coach and your crew are aware of this.**

**Loch Lomond Rowing Club is run by its members for its members. Please list any skills you may have which could be helpful for the running of this club. Our Juniors in particular are in need of support from parents.**

**Rowing Abilities:** To help us assess your rowing abilities please advise of the following:

Have you rowed before?

If so was that as a member of a Rowing Club?

How many years have you rowed for?

How would you assess your Sculling ability? Rate from Beginner to Expert

How would you assess your Rowing ability? Rate from Beginner to Expert

Have you competed in Rowing Competitions? If so to what Level?

In applying to become a member I confirm I have **read, understood, and agree to abide** by the rules, policies and regulations of Loch Lomond Rowing Club and Scottish Rowing. I also confirm that I can swim a minimum of 50 metres and shall take part in a swimming test when required by the Club.

**Signed:**  
(applicant)

**Date:**

**Emergency  
Contact  
details**

**(MUST BE  
COMPLETED BY  
ALL MEMBERS)**

Emergency Contact Name:

Relationship to Member:

Emergency Contact Telephone No:

## PARENT/ GUARDIAN/ CARER :

**As Parent/ Guardian/ Carer of the above-named child/vulnerable adult, I consent to them being included in all below except those I have deleted. I confirm that they can swim a minimum of 50 metres and shall take part in a swimming test.**

**Parent/Guardian/Carer :**  
(print name)

**YES / NO** (delete as appropriate)

I consent to :

Video and Still Photography

Emergency medical treatment

**Signed:**

parent/guardian/carers (delete as appropriate)

**Signature:**

**DATE:**

Please email your completed application form to the Membership Secretary at:

[secretary.llrc@lochlomondrowingclub.co.uk](mailto:secretary.llrc@lochlomondrowingclub.co.uk)

If you would like to pay by Standing Order or BACS, please make payment to:

- **Loch Lomond Rowing Club,**
- **Acc No. 06001277**
- **Sort Code 80 05 27**
- **Clearly mark your NAME as Reference.**
- **Cheques should be made out to Loch Lomond Rowing Club and name of applicant written on back.**
- email the Membership Secretary [secretary.llrc@lochlomondrowingclub.co.uk](mailto:secretary.llrc@lochlomondrowingclub.co.uk) to let them know payment has been made.