

## TEMPORARY MEMBERSHIP APPLICATION

(TWO WEEKS MAXIMUM)

# MAIDENHEAD ROWING CLUB

PLEASE COMPLETE, SIGN & DATE THIS FORM BEFORE YOU ROW

#### YOUR PERSONAL DETAILS

First Name:		Last Name:			
Name of MRC me	mber inviting you to be Temporary				
Number of years' sculling experience:					
Number of years' rowing experience:					
Date of Birth:					
Address:					
		Postcode:			
Home Phone:			Please only enter telephone number(s)		
Work Phone:			if you are happy for the club to use		
Mobile Phone:			them to contact you.		
Email address:	So that the membership secretary can contact you, please enter your email address				
	clearly below:				
The club's website <a href="https://www.maidenheadrc.org.uk">www.maidenheadrc.org.uk</a> is the best place to find up to date information. However, important notices					
are sometimes sent out via our StarNews email. To register for this, please send an email to mrc@maidenheadrc.org.uk					
from the address you would like added, so it can be copied to eliminate typing errors.					

#### THE SMALL PRINT!

Your signature below confirms that you have read and accept in full the conditions of temporary membership outlined here.

### I agree to:

- · Conform to the club's rules and bye-laws
- Adhere to the British Rowing Water Safety Code and take account of safety on and off the water at all times
- Support the club and represent the club to the best of my abilities
- Allow my details to be held on the club's membership database (see below)
- Allow my rowing history to be verified with other clubs and British Rowing
- Notify the membership secretary if my details change or I wish to terminate membership

### I understand that:

• The club has insurance cover for its boats while being used by temporary members, but that if I require personal accident cover, I should contact my own insurer

#### I certify that:

- My health is my own responsibility, and I have read and understand the health note below
- (active rowers only) I am a competent swimmer and able to swim at least 50 metres in light clothing

**Health Note:** Regular exercise may include some risk, especially for those who have been sedentary. Before beginning a regular exercise programme, you should consult your doctor 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.

### DATES OF MEMBERSHIP AND DONATIONS

Temporary membership is available for a <b>maximum of 2 weeks</b> only. There is no charge, but if you wish to				
make a donation, it will be gratefully received.				
Start date:		This is the first date you use the club as a temporary		
		member.		
End date:		Your temporal	ry membership is invalid from this	
		date.		
I wish to make a donation to "Maidenhead Rowing Club" for the sum of:				
SIGNATURE:		Date:		

## Membership Secretary:

or post completed applications with payment into the membership box in the foyer

MRC Web site is at: http://www.maidenheadrc.org.uk

Last updated: 09 April 2016

Email: membership@maidenheadrc.org.uk

Please note that club officers are unpaid. Subscriptions and donations pay for the costs of running the rowing club and where possible buying new boats.

Data Protection Act 1984: Guideline 6 exemption 5: MRC holds membership data on computer solely for the purposes of running the club and is used only by the committee & officers of the club under the limited circumstances regarded as necessary to operate. This information is not intended to be passed on to any third-party organisation(s) without consent from the membership.