

The background of the entire page is a high-angle, black and white photograph of a rowing team. Five rowers are seated in a long, narrow scull, moving away from the viewer. Their oars are dipping into the water, creating a rhythmic pattern of splashes and ripples. The water's surface is textured with small waves and the wake of the boat.

**MEMBERSHIP APPLICATION PACK
WINTER 2017-2018**



No. _____

MEMBERSHIP APPLICATION 2017 – 2018

Name: Sex: M / F
Nationality: DOB: CPR:
Address: P.O. Box.....
Home Phone: Mobile Phone:
Email: Emergency Contact Name:
Swimmer: Yes / No* Emergency Contact Number:
Consent to be photographed and/or tagged on media: Yes/ No
Instagram Name: Facebook Name:

I apply for membership of Bahrain Rowing & Canoe Centre. I agree to abide by the rules of the Club. I agree to keep myself updated regularly regarding BRC safety matters from the notice board or BRC's other communications channels, including Coast Guard Regulations.
I have signed the Declaration of Health and I agree to use the Club's Boats and Ergometers entirely at my own risk and I accept the terms of the disclaimer. I understand that I will not be able to use any Club equipment if my subscription is overdue.

Subscription – Limited Offer

**Each new sign up requires a 20BHD sign-up fee*

Month Pass BHD 25/-
-One month of 3 rowing sessions per week (Olympic, coastal and dragon)

Season Pass BHD 60 /-
-3 months of 2 rowing sessions a week (Olympic, coastal and dragon)

Annual Pass BHD 190 /-
- 1 Year of 2 rowing sessions a week (Olympic, coastal and dragon)

I enclose my membership fee ofBD and sign-up fee ofBD
Payment: Cash payments to be made at BRC Boat House, Credit Card or on Tamarran App (tamarran.com)

Signed : **Date:**
Name: **Contact Number:**

Change of Mind Policy: You have 7 days from the date of purchase should you change your mind.

***Notes:**

- 1. For insurance purposes, separate Declaration of Health overleaf **MUST** be completed fully and signed by all members **PRIOR** to going out on the water.
- 2. Any change in medical condition or home or emergency phone numbers should be notified to BRC Head Coach.
- 3. You must first identify yourself to BRC's Head Coach to ascertain your swimming capability and possibly to enroll you in a swimming safety class.

DECLARATION OF HEALTH

Please circle as applicable

- | | |
|--|----------|
| 1. Are you recovering from serious illness or surgery? | YES / NO |
| 2. Are you currently taking any prescribed medication? | YES / NO |
| 3. Have you ever had a diagnosed heart or high blood pressure condition? | YES / NO |
| 4. Do you suffer from any lung condition such as asthma or bronchitis? | YES / NO |
| 5. Do you have or have you ever had a diagnosed orthopedic condition, severe back or joint pains? | YES / NO |
| 6. Are there any reasons why you should not take part in rowing or could rowing have a negative effect on your health? | YES / NO |

The Health & Fitness Profile above does not in any way substitute for a medical examination. If the answer is YES to any of these questions ***you must consult your doctor and seek medical approval before taking part in any rowing activities.***

FORMAL DECLARATION

I declare that to the best of my knowledge, I know of no reason why I should not participate in Rowing and its associated activities. I take part in any Rowing and other BRC activities entirely at my own risk and waive any right of legal recourse for damages to myself or my property arising from my participation.

I declare that should I damage any of the club equipment through misuse, failure to follow BRC rules and regulations, negligence I will be obliged to pay for this equipment as stipulated by the Head Coach.

Signed: **Date:**

Name: **Contact Number:**

NOTE: For insurance purposes, the Declaration of Health above MUST be completed and signed by all rowers PRIOR to going out on the water.

For Official Use Only:

Shirt Type:
Size:
Personalization:

Referred by:
Heard about us from?
Other notes:

BRC CENTRE RULES & REGULATIONS

The following rules apply to all members of the **BAHRAIN ROWING & CANOE CENTRE (BRC)**.

A. General Rules

1. Safety comes first. All members are to be safety conscious at all times.
2. Only BRC members, who have paid all club fees or met BRC requirements, will be allowed to row in club boats.
3. Each member must have a signed application on file.
4. Damage to any of BRC materials or equipment and costs associated to repair or replace will be borne by the BRC member, unless waived the Head Coach.
5. Every program practice must have, at minimum, one person in direct supervision throughout the practice.
6. The senior coach must approve the use of any BRC boat by program members. During a program's practices, the coaches will approve the use of specific boats by program participants. Senior coach is responsible for establishment and oversight of requirements for individuals in the program to use boats outside of scheduled program practice.
7. The senior coach has the authority to cancel program practices for safety reasons and shall otherwise exercise his/her advisory role.
8. No BRC boats are to be rowed during non-operating hours as stipulated by the Head Coach.
9. An-approved personal flotation devices (PFDs) must be carried in all watercraft. At the minimum this means:
 - ✓ 1 PFD per 4 persons;
 - ✓ 1 PFD per person in all training boats;
 - ✓ As many PFD as reasonable in a launch but a minimum of 4, plus 1 per person in the launch (including at least one throwable type).
10. A Coach must give approval for any BRC boats to be transported from the boathouse.
11. Members that bring BRC into disrepute or act in a manner that is unbecoming of BRC may be subject to membership termination.

B. Miscellaneous Rules

1. All boathouse doors are to be shut, locked, or fully secured, and all equipment properly secured in the boat house when crews are on the water and when the last person leaves the boat house.
2. All gasoline is to be kept in the outside storage cabinet. Other flammable materials must be stored in the appropriate storage area.
3. Smoking is not permitted in or around the boathouse or storage area.
4. Junior members of the BRC may not be in the boathouse or boathouse vicinity unsupervised.
5. Dress code is to be strictly adhered to. BRC approved colors are to be worn on the premises at all times.

C. Equipment handling guidelines

Moving boats

1. When lifting a boat always makes sure there are enough people and that they are properly distributed.
2. Always lift boats off the racks, don't slide them off on the gunwales.
3. Watch riggers carefully to make sure they won't hit or scrape anything.
4. When putting a shell on the racks or on stretchers, make sure it isn't resting on any part of the rigger.
5. Lift the boat evenly.
6. Never step in the bottom of the shell or drop anything heavy into the bottom of the shell.
7. Before leaving the dock at the beginning of practice, do a quick inspection of seat, rigger, stretchers, etc. to make sure no parts are missing, loose, or broken. Notify coach or supervisory person immediately if there is a problem. Replace missing or broken parts immediately. If something can't be fixed, use a different shell. Never row a damaged shell.
8. Be careful when landing at the dock. Take the best approach to landing and proceed slowly in order to prevent boat damage. If the first attempt at landing does not go well, weigh enough, back off and try again. Always try to have someone catch you at the dock.
9. Shells are to be given routine preventive maintenance as scheduled
10. Do not place shells on the ground. shells should be placed on stretchers or horses so they are properly supported. Always walk around a supported shell, never step over a shell.
11. Rigging is not to be changed without a coach's approval. Please contact a coach directly if you need information about the rigging process or to discuss specific boats.

Handling oars

12. All oars have been color-coded as matched sets. Use matched sets of oars for the same shell. Sculling oars are to be used only with the shell designated for that set.
13. Do not change oar markings or settings without a coach's approval.
14. Carry oars with blades forward and only carry one or two oars at a time.
15. Never lean oars against the side of a building.
16. If an oar is damaged, place it on the rack in the repair bay and enter the problem in the repair log located on the boat bay desk.

Handling launches

17. Launch drivers need to be approved by the coaches or another certified launch driver and are responsible for compliance with all boating regulations while operating BRC equipment. Launches are to be used only for rowing related purposes unless otherwise duly approved in advance.
18. Launches stored on the lifts are to be securely tied to the lift and the lift properly hoisted and locked at the completion of each practice.
19. Launches stored on the trailer inside the boat house are to have all gasoline tanks removed. The gasoline is to be stored in the designated spot for flammable material.
20. The launch is to be considered a safety vehicle at all times. Launch drivers should make sure all the proper safety equipment is in the launch before leaving the dock. Launch drivers should be familiar with rescue guidelines. The number of persons in the launch should be limited to ensure room is available to rescue crew, if necessary.

Equipment reporting

21. Make sure any equipment problems are reported. If the problem is severe, make sure that the equipment will not be used by anyone else - such use has the potential to cause additional damage or to cause injury to a rower.

D. Safety

1. Each rower must review the club rules.
2. Each rower shall be instructed as to the location of safety equipment in the boathouse including telephone, emergency numbers, first aid kits, and lifejackets
3. All members must be in good health
4. All members must complete a swim test.
5. To pass the swim test each rower must demonstrate the ability to:
 - Swim 50 m
 - Tread water for 10 minutes fully clothed
 - After treading water, put on a life jacket
6. If a rower is not able to pass a swim test, they may take the test wearing a personal automatic inflatable flotation device. The rower must wear his or her own personal automatic inflatable flotation device at all times while in a boat.
7. During hot summer months, all rowers are required to take the following precautions:
 - Use a high factor sunscreen of at least SPF15 on any exposed skin.
 - Drink plenty of water to avoid dehydration.
 - Check your skin regularly for any unusual moles or spots. See a doctor promptly if you find anything that is changing in shape, size or color, itching or bleeding.
 - Wear a hat or sun visor during rowing.

E. Rule Violations

If a rower violates any of the Club rules, or coaches' instructions the consequences will be as follows:

- First violation: Rower will get a warning.
- Second violation: Rower will not be boated for two weeks.
- Third violation: Rower will be considered for membership suspension or if applicable.

Signed :

Date:

DISCLAIMER

- I, hereby acknowledge the Bahrain Rowing & Canoe Centre (BRC) will not accept any liability for any damage to or loss of property belonging to members, their guests or visitors.
- I, hereby acknowledge that BRC will not accept any liability for personal injury arising out of the use of club facilities, or out of participation in any race or other activity organized by BRC, whether sustained by members, their guests or visitors or caused by the said members, guests or visitors, whether or not such injury or damage could have been attributed to or was occasioned by the neglect, defaults or negligence of any of the Officers, Committee or Staff of the BRC.
- I, hereby represent that (i) I am in good health and in proper physical condition to participate in the activities of BRC; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my
- ability to safely participate in the events or activities of BRC. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the events or activities of BRC.
- I, hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless BRC with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorney's fees) of any kind or nature ('Liability') which may arise out of, result from, or relate to my participation in the Events or activities of BRC, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim.
- I, agree to be familiar with and abide by the Rules and Regulations of BRC and understand that these may be amended and it is my duty familiarizes myself with any modifications or additions to the rules.
- Before inviting any guest or visitors to use club facilities or to participate in any activities undertaken by the BRC, members shall draw their attention to BRC's rules and Disclaimer policy.
- I, hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement.

Signed:

Date:

Name:

Contact Number:

For Official Use Only: