



Taunton Rowing Club

Taster Session and Learn to Row Courses

All participants are required to review the following and provided they agree, sign as confirmation. A parent's counter-signature is required for all juniors who also need to sign. The completed form should be handed to the TRC coach who provides the Taster session or first Learn to Row where no Taster is required.

All participants should arrive suitably attired for a water sport activity in the prevailing conditions. They should also have a change of dry clothes available. It is recommended that loose clothing is not worn as it can cause snagging hazards, this includes hoodies. Also, long hair must be tied up in a bun or under a hat as it can also be a snagging hazard.

All Taster and Learn to Row sessions will be conducted by a British Rowing qualified coach and will comprise instruction, land and water training.

Training will comprise two Tasters sessions and, if the participant decides to continue, six Learn to Row sessions. The water sessions will involve the use of a variety of single seat boats to enable the participant to learn to scull proficiently. On completion of the six Learn to Row sessions, the participant can join the club and continue their development to British Rowing Level 1.

The Learn to Row course costs £60.00 for the six sessions. If you complete this course part way through the club year, a pro-rata membership fee will be applied if you chose to continue rowing with Taunton Rowing Club. In recognition of the Learn to Row fee, a 25% discount will be applied to the annual membership fee for the following club year.

Statement of Agreement

I understand that rowing like all water sports carries a number of risks which can on very rare occasions can be dangerous to life and limb.

To minimise risk, it is essential for me to be able to swim proficiently and I hereby declare that I can swim 50 metres in light clothing.

I also declare that I know of no medical reason why I should not participate in a sport such as rowing that requires physical activity.

I agree/do not agree (delete as appropriate) to my phone numbers and email address being shared only with Taunton Rowing Club members for the purposes and contacting me about the Taster and/or Learn to Row sessions

I agree/do not agree (delete as appropriate) to photos of me/my son /daughter (if under 18) being used for publicity purposes for Taunton Rowing Club

I agree/do not agree (delete as appropriate) to my name/my son/my daughter (if under 18) being included in social media websites dedicated to Taunton Rowing Club.

I give/do not give (delete as appropriate) my permission for video recording of myself/son/daughter (delete as appropriate) exclusively for the purposes of coaching technique.

Name and Signature of applicant: _____

Date: _____

Name and Signature of parent/guardian (if under 18): _____

Date: _____