



# Learn To Row & Recreational Rowing Application Form

## MILDURA ROWING CLUB

Hugh King Drv, Mildura Vic 3500,  
Phone Club House 03 5023 8456  
ABN 78 518 285 576

[www.mildurarowingclub.org](http://www.mildurarowingclub.org)

Please provide a copy of ID, ie Drivers Licence, School ID Card

### Personal Details

Name in Full:

Date of Birth:

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Phone Mobile:

Phone Home/Work:

Email:

Address:

Postcode:

Recreational Rowing course being held on:

/ /

### Candidates Declaration

Please tick all boxes to indicate you have read the following statements and they are true and correct:

- Rowing as an activity requires physical exertion not just in the execution of the stroke cycle, but also in the lifting and carrying of (sometimes-heavy) equipment. Applicants who have any doubts regarding their physical fitness for these activities are recommended to consult a qualified sports physiotherapist or doctor before enrolling in the course. All persons enrolling in the course do so at their own risk. **Yes / No**
- I am able to swim at least 100m fully clothed **Yes / No**
- To the best of my knowledge, I am medically fit to undertake this type of physical activity **Yes / No**
- I understand the risks involved in commencing a new physical activity and am aware of the dangers associated with water sports **Yes / No**
- I hereby accept full responsibility for my own health and safety whilst participating in this course **Yes / No**

Please detail any pre-existing injury/illness or other considerations your coaches should be aware.

Signature:

Date:

/ /

Parent or guardian consent for applicants under 18 years

Name:

Signature:

Date:

/ /

### Application Submission & Payment Details

Present your application, Drivers Licence / ID along with payment of \$40.00 on the day you attend.

**Payment entitles you to a 4 week access to the Mildura Rowing Club facilities and Learn to Row program before you will be required to officially join.**