**CORNISH PILOT GIG ASSOCIATION – WATER SPORTS READINESS QUESTIONNAIRE**

**ROCK ROWING CLUB**

**NEW ROWERS / FIRST TIME ROWERS -  *PLEASE***

1. Complete this Cornish Pilot Gig Association – Water Sports Readiness Questionnaire and hand to your coxswain making him/her aware of any health issues you may have before rowing.
2. Please pay £5 to the coxswain. You may row up to 3 times @ £5 per row as a temporary member to see if you like rowing and/or the Club – after this you are asked to become a member.

*Regular physical activity is fun and healthy, and being more active is very safe for most adults. However, some should check with their GP before they start becoming much more physically active. The Cornish Pilot Gig Association and Rock Rowing Club accept no liability for persons who undertake physical activity. If in doubt consult your GP prior to physical activity.*

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| --- | --- | --- | --- |
|  |  | **Yes** | **No** |
| 1 | Has your GP ever said that you have a heart condition and that you should only do physical activity recommended by him/her? |  |  |
| 2 | Do you feel pain in your chest when you do physical activity? |  |  |
| 3 | In the past month, have you had chest pain when you were not performing physical activity? |  |  |
| 4 | Do you lose your balance because of dizziness or do you ever lose consciousness? |  |  |
| 5 | Do you have a bone or joint problem that could be made worse by a change in your physical activity? |  |  |
| 6 | Is your GP currently prescribing drugs (eg water pill) for your blood pressure or heart condition? |  |  |
| 7 | Do you know of any other reason why you shouldn’t exercise?  |  |  |
| 8  | Have you ever had Epilepsy or Rheumatic Fever? |  |  |
| 9  | In the past two years have you routinely taken any medicine? |   |  |
| 10 | Is there any other reason why you shouldn’t take exercise? |  |  |
| **If you answered YES to one or more questions visit or speak with your GP prior to commencing rowing.** I confirm I have answered YES to one or more of the above questions and have seen my GP who has affirmed that I am able to participate in rowing. Name: ………………………………………… Signature: ...……………………………… Date: ………………… |
| **If you answered NO honestly to all questions you can be reasonably sure that you can start rowing. However, you must tell the coxswain about any injury/illness before the start of a row, or immediately if you become unwell during a row.**  |
| I certify that I can to swim in excess of 50 metres in the sea, wearing light clothing. **Yes/No** |
| We want you to know how we hold and use your personal data, so please read our Privacy Notice, which can be found on the membership page of our website at [www.rockrowingclub.com](http://www.rockrowingclub.com) In order to look after your health and safety, and the health and safety of other rowers, we need to know that you are fit to row and to ensure that lifejackets are worn where appropriate. This information will be shared with coxswains within the club to promote the safe running of rowing sessions. To allow us to contact you to invite you to row again and to help us with fundraising, reporting and club management we would also be grateful if you would give us the following information (this is optional):Living in Cornwall: ▭ / Visitor: ▭ Under 21? Yes/NoAddressEmail: Phone: |
| I have read, understood and completed this form. I agree to my personal data being held and used for the reasons stated. Any questions I had were answered to my full satisfaction by a Senior Club Member.Name: ………………………………………… Signature: ...……………………………… Date: ………………… |