

## NOVICE ROWING SESSIONS

### All weather

St. George Rowing Club runs all weather programs. All programs will run rain or shine.

### What to bring

- Rowing Zootie, bike pants or old shorts (nothing loose like basketball pants)
- Water bottle
- Hat
- Sunscreen
- Sunglasses
- Thongs
- Socks and runners
- Towel
- Full change of clothes
- Jumper or wet weather top (nothing too good, it may get grease on it)

### Conditions

Please make sure you understand the conditions of signing up for Come Row sessions.

1. No refunds for unused sessions of a multi-session pack. The multi-session pack is valid for 6 months from the date of the first session taken.
2. St. George Rowing Club payment methods are Bank Deposit and PayPal.
3. St. George Rowing Club does have a 24 hour cancellation policy. If you have a confirmed booking of a rowing session and are a "no show" to the scheduled session or cancel within 24 hours of your scheduled appointment time, you will be charged a full session cancellation fee.
4. All sessions need to be paid in advance.

### Session duration and rates

All sessions are 2 hours long.  
\$285 for 6 sessions over 6 weeks  
Includes club membership

### Location

Rowers on Cooks River  
1 Levey Street, Wollri Creek  
Near the Airport



# Booking form

Please fill out your registration and emergency contact details, then complete the waiver form. Return both forms via email [rowing@stgeorgerowingclub.com.au](mailto:rowing@stgeorgerowingclub.com.au)

ALL SESSIONS NEED TO BE PAID FOR IN ADVANCE.

Mr / Mrs / Ms / Miss / Other.....

Name.....

Ambulance subscription YES  NO

Date of birth.....

Illnesses, medication or medical conditions that St. George Rowing Club need to be aware of (e.g. asthma)

Address.....

.....

.....Postcode.....

Phone.....

Emergency contact.....

Fax.....

Emergency phone.....

Email.....

Relationship.....

I hereby apply for membership at Rowers On Cooks River and certify that the information contained in this application is true and correct. I declare that I am over the age of 18 years and if my application is accepted, I agree to be bound by the Constitution of the Club.

Sign..... Date / /

If applicant is under 18 years of age, copy of proof of age must be submitted. See website for Privacy Policy.

# Waiver, informed consent, and covenant not to sue



## St. George Rowing Club Waiver, Release and Assumption of Risk

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

I, ..... , have volunteered to participate in a program of physical exercise under the direction of St. George Rowing Club, which will include, but may not be limited to, rowing (sweep and sculling), ergometres, sessions in the rowing tank, general exercise, all weight and/or resistance training. In consideration of St. George Rowing Club's agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold harmless St. George Rowing Club, and their respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT THAT MAY MALFUNCTION OR BREAK (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT AND (3) OUR NEGLIGENCE INSTRUCTION OR SUPERVISION.

### Assumption of Risk

I, ..... , recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and – in rare instances – death.

I understand that as a result of my participation in an exercise program, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life.

I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program.

If I, ..... , have chosen not to obtain a physician's permission prior to beginning this exercise program with St. George Rowing Club, I hereby agree that I am doing so at my own risk.

- I can swim at least 100 metres in rowing attire (please tick)
- I have had a tetanus shot in the last 10 years (please tick)

In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate. I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST ST. GEORGE ROWING CLUB FOR YOUR NEGLIGENCE OR THAT OF YOUR EMPLOYEES, AGENTS, OR CONTRACTORS.

Participant's signature..... Date.....

(guardian/parent to sign if participant is under 18 years)

Please print name ..... (guardians and parents only),

on behalf of .....