

NANKERSEY ROWING CLUB - WATERSPORTS READINESS QUESTIONNAIRE FOR ALL ROWERS

Regular physical activity is fun and healthy and being more active is very safe for most adults. However, if you have any concerns, check with your GP before starting to become more physically active. The Cornish Pilot Gig Association accepts no liability for persons who undertake physical activity. Please complete this form before your first row and give it to your cox.

HEALTH QUESTIONS		YES	NO
1	Has your GP ever said 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/recent injury that could be made worse by a change in your physical activity? If yes, please list the bone/joint problem here:		
6	Is your GP currently prescribing drugs (e.g. water pill) for your blood pressure or heart condition?		
7	Do you have a condition that might become an issue during exercise (e.g. asthma, diabetes etc., or an injury)? If yes, please list here:		
8	Do you know of any other reason why you shouldn't exercise? If yes, please list here:		

If you have answered YES to one or more questions, speak to your GP prior to commencing water sports activity.

If you answered NO honestly to all questions, you can be reasonably sure you can start rowing.

In the event that you start to feel unwell whilst rowing, tell your coxswain immediately.

SWIMMING ABILITY	YES	NO
I certify that I am able to swim in excess of 50 metres		

DECLARATION
I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction by a Senior Club Member.
Name (please print)..... Signature
Date Telephone
E mail address
EMERGENCY CONTACT:
Name.....
Relationship Telephone

This information is kept confidential and will only be shared within the Club with coxswains and any other senior members who need to be aware to help safeguard you during club activity. Please ensure that you notify us and update this questionnaire if there are any changes in your health or fitness to row.

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