



ADUR CANOE CLUB

Brighton Road, Shoreham-by-sea, West Sussex, BN43 5LT
www.adurcanoeclub.org.uk

DAY MEMBER FORM

Day Membership is "try-us-out" membership. You can come as a day member for up to three visits. At the river, each session is **£5** and at the pool **£8** for adults/under-18s. After the maximum three sessions you must join as a full member – this is a condition of our insurance, but you do not have to complete three sessions before joining. Please fill in this form the first time you visit the Adur Centre and the pool, so we have contact details available onsite.

Read This First

Adur Canoe Club is affiliated to the British Canoe Union. Our Instructors have nationally recognised BCU coaching qualifications, and the Club carries Public Liability Insurance covering canoeing activities.

Canoeing is a sport with an element of danger. All persons attending Club activities do so at their own risk and neither the Club nor its officers can accept any liability for loss or injury of any kind. The Club does not provide any form of personal accident insurance.

Then Fill This In

I have read and accept the 'Read This First' section:

I confirm that I can swim at least 50 metres in light clothing:

Name: _____ Male/Female

Age: Under 11 11 – 12 13 – 18 19 – 25 Over 25

Name of Parent/Guardian if under 18: _____

Address: _____

Postcode: _____ Telephone: _____

Email: _____

Emergency Contact: Name _____ Tel _____

Any Allergies / disabilities / medication, or 'NONE':

Signed _____ Date _____

Adult Parent/guardian

All Members and Day Members must sign the Day Sheet prior to participating in a session.
Finally *ENJOY YOUR PADDLE!*

DAY MEMBERSHIP FORM – 2010/2011