

# Texas Rowing Center

## Rower Information Sheet

Membership Type:  
 Yearly  6 month  
 Row Card  
 Other \_\_\_\_\_  
 Expires: \_\_\_\_\_

Name:	Occupation:	Date:	
Mailing Address:	City	State	Zip
Home Number:	Work Number:		
Email Address:	Referred By:		
Emergency Contact:	Emergency Contact Phone Number:		

How did you hear about us?

Austin Fit  The Good Life  Town Lake Hike & Bike Trail  Hotel (Which one)  School

T.O.W.N.  Hill County Outdoors  \_\_\_\_\_  Other \_\_\_\_\_

**Goals: Circle All That Apply**

Competition	Muscle Strengthening	Weight Loss	Meeting new friends
Stress Reduction/ Relaxation	Cross Training	Injury Rehab	Fun/Because it is the coolest sport!

Physical Condition and injuries:

Other Physical Activities:

**To be Completed by Instructor**

Name of Instructor:	Amount Paid: \$
Received by:	Date Paid:
New/Renewal (Circle One)	Type of Membership:
Cash:	Check:
	Credit Card type:



“No Row Zones” Due to shallow water or obstructions

**Safety Rules – Please initial as the instructor goes through each item.**

**Do not ✓ or place an “X” Please INITIAL**

	1.I am a proficient swimmer.
	2.I know where the life jackets are and I will be responsible for putting one on every time I row.
	3.I know where the life jackets are and have declined to use one.
	4.I am aware that I need to stay within the set perimeter away from the dock during my first ten hours on the water. Scullers must be able to see the dock at all times.
	5.Scullers must be prepared in the event of capsize: they must be able to right and re-enter the scull on the water, or be able to swim WITH THE BOAT to shore or back to the dock.
	6.I will not row before sunrise or after dusk without a light and I agree to purchase my own light. Scullers should wear one bow and one stern light on their person
	7.I am aware that I am never to go around Red Bud Island.
	8.I am aware of the traffic pattern of Town Lake and agree to follow it.
	9.I am aware that I must yield to pedestrian and cross the trail with boats in a parallel fashion <b>AT ALL TIMES.</b>
	10. I am aware that I am never to row if the wind is in excess of 22 miles per hour, if there is a thunder/lightening storm approaching or a TRC staff member advises me not to.
	11. All rowers should wear clothing appropriate to the weather conditions: warm synthetic or wool clothing, especially hat and socks are recommended in cold weather. Remember that it is always colder and windier on the water. Hat, sunscreen, sunglasses and water or sports drinks are recommended in hot weather.
	12. All rowers should check the equipment before launching and upon returning to ensure that all nuts and bolts are in place, check hull for any cracks or leaks, check foot-stretcher tie-downs and ensure that they are in place. If you notice any damage to the boat, notify the staff and complete and incident report.
	13. I have read the Safety Rules and agree to follow them. I am aware that my membership is in jeopardy should I not follow the rules in a consistent manner. I will not use earphones, ipods, electronic devices, or cell phones while on the water.