## **New College Boat Club**

### **Erg Suite Safety Declaration Form**

All members of NCBC must complete this form before using the erg suite. It should then be returned to the Safety Officer who will retain it.

**Declaration**

Please remember that safety requirements are extremely important and that making a false declaration or disobeying safety rules is dangerous to yourself and others.

1. I confirm that I have been shown how to use the erg machines correctly and in a safe manner by a senior member of NCBC.

2. I confirm that I understand the dangers of participating in a sport while not in full health and I undertake that I will not use the ergs whilst feeling unwell.

3. I confirm that I am not aware of suffering from any medical or physical condition which precludes heavy exercise.

4. I confirm that I will only use the erg suite in the company of **at least one other individual**.

5. I confirm that I have been informed of the correct procedures in the event of accident or injury.

**Pre-Activity Readiness Questionnaire – Circle Y or N**

Are you 45 years old or older? Y / N

Have you been inactive for the past 12 months? Y / N

Has a blood relative has suffered heart disease? Y / N

Do you have elevated cholesterol levels? Y / N

Are you a Type II diabetic? Y / N

Do you have high blood pressure? Y / N

Do you have a heart condition? Y / N

Have you ever experienced chest pains when exercising? Y / N

Have you ever experienced chest pains when NOT exercising? Y / N

Have you recently lost consciousness? Y / N

Do you suffer from any joint problems? Y / N

Do you take prescribed drugs for health reasons? Y / N

Name (block capitals):

Signed: Date: