



Christ's College Boat Club - Lent Term Training Camp 2018

Dear all,

If you intend to participate in the coming Lent term rowing camp at Lac d'Aiguebelette, France between the 7th & 13th of January 2018, please read and complete the following forms and return by **e-mail** to CAITLIN (women - ch719) and ANTON (men - an563) by **Sunday 26th November 2017**. Spaces on the camp are limited and we cannot guarantee places for everyone so please ensure your form is returned by this deadline.

In addition, please include a cheque made payable to 'Christ's College Boat Club' for £200 with this form or transfer £200 online - [Christ's College Boat Club, A/C: 12292971, Sort code: 40-16-08 with your name in the Payee Reference](#). Then please drop Miriam Apsley (treasurer - ma616) an email to let her know you've paid. If you are paying by cheque, please ensure it is in an envelope marked clearly with your name and 'Training Camp 2018', and put it in Miriam Apsley's pigeonhole.

Christ's College Boat Club will provide all meals (excluding meals *en route*), accommodation and necessary travel (see below). In addition to this, you will receive a training camp t-shirt.

Thank you and we look forward to rowing/coxing with you in France.

Caitlin Hogan-Lloyd	– Captain of Boats & Women's Captain (ch719)
Anton Nilsson	– Men's Captain (an463)
Kate Hurst	– Boathouse Manager (csh54)

First Name(s): Sam

Surname: Drury

E-mail: spd38@cam.ac.uk

Date of birth: 21 / 01 / 1999 (DD/MM/YYYY)

Home Address: 15 HEATH ROAD

SCOPWICK

LINCOLNSHIRE

LN4 3NU

Mobile Number: 07743 925459

Home Contact Number: 07743 938741

UK Contact Number (if not the same as above): _____

I will be attending the training camp at Lac d'Aiguebelette, France between the 7th & 13th of January 2018 as organised by Christ's College Boat Club.

I agree to pay £200 towards the cost of the camp and agree to pay this amount in full as soon as possible; otherwise I accept the cost will be added to my Christ's College termly bill.

I accept that I am responsible for obtaining my own personal travel insurance appropriate for the trip being undertaken.

I accept that Christ's College Boat Club and/or any of the organising members will not be held responsible for any personal loss, injury or death.

Name: Sam Drury

Signed:  Date: 24 / 11 / 2017

Travel Arrangements

A coach will be departing Cambridge early on the morning (~6:00am) of the 7th January. The coach will make one collection near London (most likely Redbridge Tube Station ~7.00am) and a further collection at Dover Ferry Terminal (time to be confirmed). However, we do need as many as people in Cambridge on **5th January** in order to derig and load boats onto the trailer. The coach will be making the same stops on the journey home. If you would prefer, you can make your own travel arrangements to reach Lac d'Aiguebelette, however you do so at your own cost. Please indicate below if this is your preferred option. We may be able to arrange for you to be collected from a nearby town (Chambéry) if you all arrive at one location at a similar time. We will contact people making their own travel arrangements to try to arrange this. Please tick all the options below that apply to you.

I wish to travel to Training Camp on the coach ☒

I wish to be collected near: Cambridge ☒

London

Dover

I wish to make my own way there without using the coach

I wish to return to the UK on the coach ☒

Emergency Contact Details

Please include details of two next-of-kin who are able to act as emergency contacts during the Training Camp.

Person 1

Name:

JANE DRURY

Relationship to you:

MOTHER

Home Address:

15 HEATH ROAD

SCOPWICK

LINCOLNSHIRE

LN43NU

Home Number:

01526321862

Mobile Number:

07743 938741

Work number:

—

Person 2

Name:

STEPHEN DRURY

Relationship to you:

FATHER

Home Address:

(SAME AS ABOVE)

Home Number:

01526321862 (SAME)

Mobile Number:

07892 720 964

Work number:

07921 242673

Dietary Requirements

Please list below any dietary requirements you have in order for us to inform the accommodation.

Medical Conditions

Please provide details below of any medical conditions you have; any medication you take and any operations you have had within the last two years. Please include information even if you do not consider it relevant to rowing. If these details change before the start of the camp, please inform Oisín Faust immediately.

Note: This information will be treated with the strictest of confidence.

Please answer the following:

YES

NO

1. Do you suffer with:

- a. High blood pressure?
- b. Low blood pressure?
- c. Heart condition?
- d. Diabetes?
- e. Epilepsy?
- f. Asthma?
- g. Thyroid problems?

[]
[]
[]
[]
[]
[]
[]

[/]
[/]
[/]
[/]
[/]
[/]
[/]

2. Has your GP ever advised you against exercise?

[]

[/]

3. Do you have any problems with your:

- a. Back?
- b. Neck?
- c. Hips?
- d. Knees?
- e. Other joints?

[]
[]
[/]
[]
[]

[/]
[/]
[]
[/]
[/]

If so, what are they?

DISLOCATED HIP 3 YEARS AGO - CAN GET RARE
BUT SEVERE PAIN / CRAMP (NOT SERIOUS ENOUGH TO WORRY ABOUT)

4. Do you currently have any muscular injuries?

[]

[/]

5. Is there any other physical reason not mentioned here why you should not undertake exercise?

[]

[/]

6. Any other information or problems that you feel may be relevant to you participating in rowing camp?

[]

[/]

If so, what are they?

I hereby confirm that I am fit to undertake exercise, and I will not hold Christ's College Boat Club or any of its members responsible for any personal injury suffered through the direct or indirect undertaking of such a program or fitness assessment, whether occurring during participation in an activity or not.

Signed: _____



Date: _____

24 / 11 / 2017

Swimming Declaration

Rowing carries inherent risks, being a water-based sport. In order to minimise these risks, CCBC needs to ascertain that its members can swim. Those who cannot shall not be excluded, but will be required to wear a buoyancy aid whilst participating. (Coxes are to wear lifejackets regardless of swimming ability.)

Please read the declaration below, and sign if appropriate.

I, SAM Drury declare that I am able to swim a minimum of 50 metres in light clothing. I declare that I am competent at treading water, and can swim on my front and on my back.

Signed: 

Date: 24 / 11 / 2017

Is there anything you wish to declare about your swimming ability?

[illegible]

T-Shirt Order

Included in the cost of the camp is a t-shirt for each person attending. Please indicate your size preference below by referring to the sizing charts.

Women's

XS []
S []
M []
L []
XL []

Men's

S []
M []
L []
XL []
XXL []
3XL []

Women's sizing chart

Size	XS	S	M	L	XL
Ladies size	8	10	12	14	16
Chest (to fit)	30	32	34	36	38

Men's sizing chart

Size	S	M	L	XL	XXL	XXXL
Chest (to fit)	35/37	38/40	41/43	44/46	47/49	50/52