

Please complete all the information below honestly so as we can best assist you in achieving your goals from the sport and this club.
All information is collected and treated in strictest confidence.

Personal Details:

NAME: _____

ADDRESS: _____

DOB: _____ GENDER: Male / Female

PHONE: _____ MOBILE: _____

EMAIL: _____

EMERGENCY CONTACT: _____

CONTACT MOBILE: _____

Previous Experience and Fitness:

HAVE YOU PADDLED OUTRIGGERS BEFORE? Yes / No

IF YES, WHEN & WHERE: _____

HAVE YOU BEEN INVOLVED IN OTHER WATERSPORTS Yes / No

IF YES, WHEN & WHERE: _____

HOW CONFIDENT ARE YOU IN THE WATER

Fish / Excellent Swimmer / Reasonable Swimmer / Poor Swimmer

DESCRIBE YOUR CURRENT FITNESS LEVEL:

Elite / Above Average / Regularly Exercise / Some Exercise / Unfit

DO YOU SMOKE? Yes / No QUANTITY PER DAY: _____

PLEASE LIST ANY MEDICAL CONDITIONS THAT MAY AFFECT YOUR ABILITY TO PARTAKE IN THIS SPORT.

IN ADDITION TO THE ABOVE, IS THERE ANY OTHER CONDITION OR SPECIAL NEED THAT THE COACHES SHOULD BE MADE AWARE OF?

Goals for yourself in this sport:

WHICH OF THE FOLLOWING STATEMENTS BEST DESCRIBES WHAT YOU WOULD LIKE TO ACHIEVE FROM OUTRIGGING SHORT TERM?

1. I wish to compete in the sport with the aim of winning. I enjoy training hard and am interested in the competitive season ahead.
2. I am looking for a way to stay fit and have fun. I like to train hard but am more interested in 'completing races' for the experience rather than 'competing in races' for the result.
3. I am interested in the sport from a social aspect, to enjoy being on the water, meeting people and have no desire to enter races.
4. Other

WHICH OF THE FOLLOWING STATEMENTS BEST DESCRIBES WHAT YOU WOULD LIKE TO ACHIEVE FROM OUTRIGGING LONG TERM?

1. I would like to one day be fit enough to compete with the aim of winning races
2. My personal fitness goals and the enjoyment of the race experience is what I am looking for from this sport.
3. I wish only to participate on a social level, without competing.
4. I wish to one day coach and develop others
5. I wish to become involved in the club administration & management
6. Other

PARTICIPANT SIGN: _____

DATE: _____

CLUB USE ONLY:

(Initial and date)

SWIM _____

ROLL OVER _____

AOCRA _____

NCSLC MEMBER _____