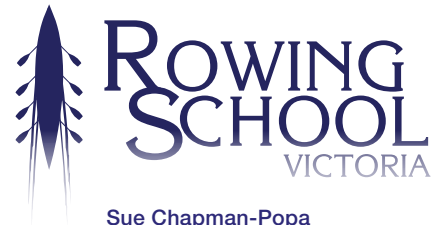


Winter School holiday Rowing programs



Sue Chapman-Popa

Olympic rower & medalist

Director, Personal trainer, Rowing coach

M. 0415 803 032

E. info@rowingschoolvic.com.au

164 Alexandra Ave, Toorak, VIC 3142

www.rowingschoolvic.com.au

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Rowing School Victoria offers two modules every school holidays. Module One is a sweep (one oar) program for absolute beginners and Module Two is a sculling (two oars) program catering for all levels. Both programs are suitable for adults and teenagers.

Module One (Discover Rowing) must be completed before Module Two (Single Sculling) can be commenced.

Module One

BEGINNERS ONLY

Discover Rowing - Sweep Program

- Beginners only
- Program runs for 2 sessions
- Duration is 2 hours per session
- Mondays & Tuesdays only

The perfect way for first-timers to discover the magic of rowing. This program is designed for students who are considering choosing rowing as their upcoming summer sport.

A great way of being introduced to terminology, technique and protocols of this unique sport!

Module Two

ALL LEVELS

Single Sculling Program

- Must have completed Module One (Discover Rowing)
- Beginners, intermediate and established levels available
- Duration is 2 hours per session
- Monday to Friday

Our sculling program is a fantastic way to improve sculling skills on a regular schedule during the school holidays. Casual rates or multi-session rates are available to current RSV participants.

Whether you or your teenager is at the beginner, intermediate or at a more established single sculling level, many session times are available daily on most weekdays for the duration of the school holidays.

All weather

Rowing School Victoria runs all weather programs. All programs will run rain or shine.

What to bring

- Wear fluro, bright or white clothing. No dark colours
- Rowing Zootie, bike pants or old shorts (nothing loose like basketball pants)
- Water bottle
- Hat (bright or white)
- Sunscreen
- Sunglasses
- Thongs
- Socks and runners
- Towel
- Full change of clothes
- Jumper or wet weather top (nothing too good, it may get grease on it)

Rescheduling

If you require session dates to be rescheduled during the school holiday period, pending availability, Rowing School Victoria will happily oblige, no penalty will be incurred.

Cancellation and refund policy

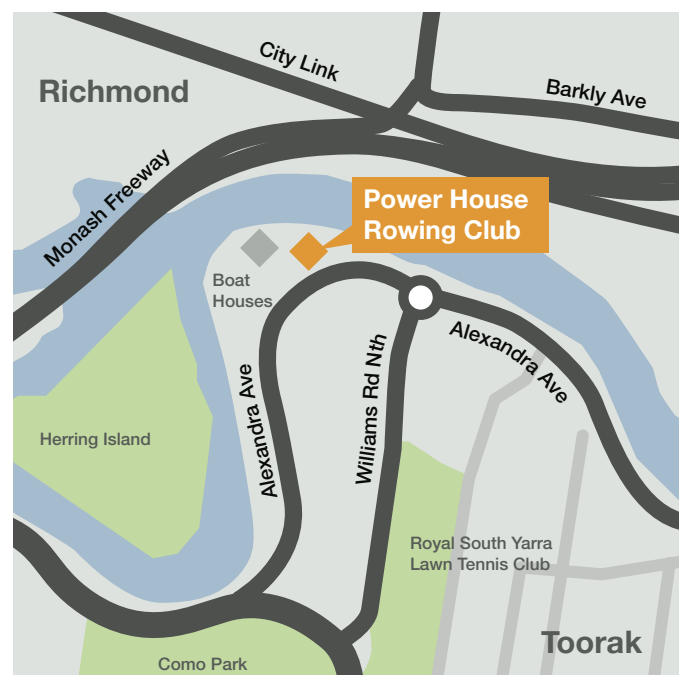
- If cancellation occurs 14+ days before the first scheduled session date a refund of 90% will be given.
- If cancellation occurs 8-13 days before the first scheduled session date a refund of 50% will be given.
- If cancellation occurs 7 days before the first scheduled session date no refund will be given.

Location

Power House Rowing Club, Alexandra Avenue, Toorak

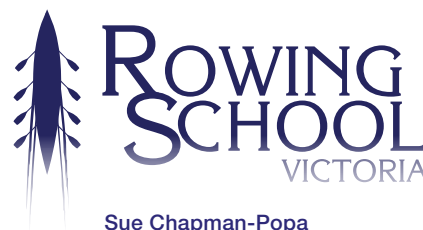
The Rowing Club is located near the intersection of Williams Road North and Alexandra Avenue on the banks of the Yarra River.

MELWAYS REF 58 G1 or REF 2M D1



Booking form Part A

Please tick which sessions you wish to sign up for below, then complete Part B.



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www.rowingschoolvic.com.au

Please make sure you return the following three forms and full payment to complete your registration

Email info@rowingschoolvic.com.au or mail to Rowing School Victoria C/- Sue Chapman-Popa
164 Alexandra Avenue, Toorak, VIC 3142

1. Booking Form Part A - Session selection form
2. Booking Form Part B - Registration and emergency contact form
3. Waiver, informed consent form and covenant not to sue form
4. Full payment



Name of Participant

Module One - Beginners only

Discover Rowing - Sweep Program

- ☐ Sweep – Beginners Level 1
- ☐ Sweep – Beginners Level 2

Module Two - All levels

Single Sculling Program

- ☐ Sculling – Beginners Level 1
- ☐ Sculling – Beginners Level 2
- ☐ Sculling – Intermediate
- ☐ Sculling – Established

Winter holidays 2024

Week 1: Monday 1st July - Friday 5th July 2024
Week 2: Monday 8th July - Friday 12th July 2024

Both programs are suitable for adults and teenagers

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--|--|---|---|---|
| 8am to 10am | Module Two Sculling Established <input type="checkbox"/> 01/07/2024 <input type="checkbox"/> 08/07/2024 | Module Two Sculling Established <input type="checkbox"/> 02/07/2024 <input type="checkbox"/> 09/07/2024 | Module Two Sculling Established <input type="checkbox"/> 03/07/2024 <input type="checkbox"/> 10/07/2024 | Module Two Sculling Established <input type="checkbox"/> 04/07/2024 <input type="checkbox"/> 11/07/2024 | Module Two Sculling Established <input type="checkbox"/> 05/07/2024 <input type="checkbox"/> 13/07/2024 |
| 10am to 12pm | Module One Sweep Beginners L1 <input type="checkbox"/> 01/07/2024 <input type="checkbox"/> 08/07/2024 | Module One Sweep Beginners L2 <input type="checkbox"/> 02/07/2024 <input type="checkbox"/> 09/07/2024 | Module Two Sculling Beginners L1 <input type="checkbox"/> 03/07/2024 <input type="checkbox"/> 10/07/2024 | Module Two Sculling Beginners L2 <input type="checkbox"/> 04/07/2024 <input type="checkbox"/> 11/07/2024 | Module Two Sculling Intermediate <input type="checkbox"/> 05/07/2024 <input type="checkbox"/> 12/07/2024 |

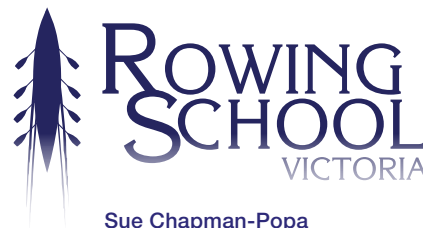
Please note

After attending a Beginners Level 1 session, you will graduate to Beginners Level 2 – and so forth.

*Places for 4 participants per session only

Booking form Part B

Please fill out your registration and emergency contact details, then complete the waiver form.



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Name of Participant

Ambulance subscription

YES ☐

NO ☐

Date of birth

Illnesses, medication or medical conditions that Rowing School Victoria need to be aware of (eg: asthma, seizures, diabetes, ADHD, dyslexia, learning challenges etc).

Address

.....

.....Postcode

Phone (parent/18+).....

Emergency contact.....

Email (parent/18+)

Emergency phone

Relationship

Payment

Discover Rowing - Sweep Program - Beginners only

\$130 + GST per person, includes both sessions

Total (excl GST) \$

Single Sculling Program - All levels

\$65 + GST per person, per session no. of sessions _____ x \$65

Total (excl GST) \$

Total GST Amount Payable 10%

Total Amount Payable (incl GST) \$

Payment options

Deposits and full payments can be made by the following payment options.

CASH

to Sue Chapman-Popa
(prior to day of program)

CHEQUE

payable to S.C. POPA

PAYPAL

suechapmanpopa@yahoo.com
Note: Please choose "sent to friend"
transaction option.

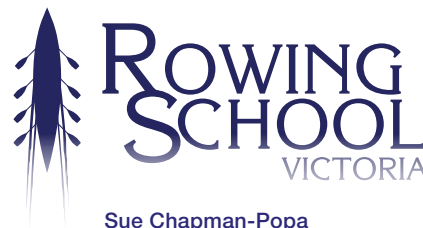
DIRECT BANK DEPOSIT

| | |
|----------------|-------------------|
| Account name | S C Popa |
| Bank | Commonwealth Bank |
| Branch | Malvern |
| BSB | 063 143 |
| Account Number | 1014 2313 |
| Reference | Full name |

I attach my bank receipt for payment made on
____/____/____ for \$_____ total

The reference details must include your name. If you are unable to supply a printout of the payment receipt with reference as requested above, you must email Rowing School Victoria at info@rowingschoolvic.com.au or call Sue on 0415 803 032 and advise that payment has been made. If you cannot provide proof then it may be deemed unpaid.

Waiver, informed consent, and covenant not to sue



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Sue Chapman Popa / Rowing School Victoria Waiver, Release and Assumption of Risk

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

I, _____, have volunteered to participate in a program of physical exercise under the direction of Sue Chapman-Popa/Rowing School Victoria, which will include, but may not be limited to, rowing (sweep and sculling), ergometres, sessions in the rowing tank, general exercise, all weight and/or resistance training. In consideration of Sue Chapman-Popa/Rowing School Victoria agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold harmless Sue Chapman-Popa/Rowing School Victoria, and their respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT THAT MAY MALFUNCTION OR BREAK (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT AND (3) OUR NEGLIGENT INSTRUCTION OR SUPERVISION.

Assumption of Risk

I, _____, recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and – in rare instances – death.

I understand that as a result of my participation in an exercise program, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life.

I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program.

If I, _____, have chosen not to obtain a physician's permission prior to beginning this exercise program with Sue Chapman-Popa /Rowing School Victoria, I hereby agree that I am doing so at my own risk.

☐ **I can swim at least 100 metres in rowing attire** (please tick)

☐ **I have had a tetanus shot in the last 10 years** (please tick)

In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate.

I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST SUE CHAPMAN-POPA/ ROWING SCHOOL VICTORIA FOR YOUR NEGLIGENCE OR THAT OF YOUR EMPLOYEES, AGENTS, OR CONTRACTORS.

Participant's signature..... Date

(guardian/parent to sign if participant is under 18 years)

Please print name(guardians and parents only),

on behalf of.....