

SRCC DECLARATION OF FITNESS

CONFIDENTIAL

Taking part in a charter of the Square Rigger Club Charity is mainly a pleasurable experience but it can be arduous and is not to be undertaken if there is any doubt about physical fitness. Whilst it is hoped that fair winds are to be experienced, it cannot be ruled out that the ship may be caught out in bad weather. Under such circumstances, whilst the ship is fully capable of sailing in these conditions, there will be a very lively motion, which may be physically arduous for the individual to handle and it also could result in sea sickness. Therefore, we need to ensure that all participants are fit and for those over the age of seventy five years at the time of departure, we request completion of this Declaration.

I would like to join the ..... (Name of charter).

PLEASE COMPLETE WITH BLOCK CAPITALS

Title: (Mr/Mrs etc.).....First Name:.....

Surname: .....

Address:.....

..... Post Code.....

Telephone:.....Mobile:..... Email: .....

Date of Birth: .....

I declare that I am physically fit and I am able to climb (in an emergency) a 12ft high vertical ladder in a lively motion. Please answer with a Y for Yes, N for No as appropriate.

- I am physically fit and do not have any health impairments or disabilities.
- I have some health issues or disabilities (Please describe in detail on a separate sheet with your list of required medication - the Coxswain/medical officer on board will be given this information).
- I have full physical function of all my limbs.
- I do not suffer from adverse effects of bruising.
- I am able to stand my watch for a minimum of two hours (with other crew members), which may be at nighttime and in poor weather conditions.
- I am able to assist in all crew activities which will include hauling ropes and other team work ranging from the physical to galley duties and cleaning.
- I am willing to go aloft (this is physically demanding but only voluntary).
- I do not wish to go aloft.

I believe that I am physically fit to take part in the charter in the conditions as described. I am able bodied and I can handle myself without the aid of others.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please scan the completed form and end it by email to : [chartersec@squareriggerclub.org.uk](mailto:chartersec@squareriggerclub.org.uk)

Or by post to: **SRCC Charter Secretary,**  
**29 Turnham House, Frensbury Road, Brockley, London, SE4 2HQ**