

THE COMPANIES ACTS 1985

COMPANY LIMITED BY GUARANTEE AND NOT HAVING A SHARE CAPITAL

MEMORANDUM AND ARTICLES OF ASSOCIATION OF RIVER TEIGN ROWING CLUB LIMITED

INTERPRETATION

In these Articles:

'the Act' means the Companies Act 1985 including any statutory modification or re-enactment thereof for the time being in force;

'the Company' means the above named River Teign Rowing Club Limited;

'the Directors' means the Board of Directors for the time being of the Company;

'the Rules' means those ByeLaws of the Company that may only be made and varied by the Company in General Meetings;

'the Regulations' means those ByeLaws of the Company that may be made and varied by a meeting of the Directors.

Words importing the masculine gender only shall include the feminine gender.

1. NAME

The name of the Company (and in this document called 'the Company') is River Teign Rowing Club Limited.

2. The Company's registered office will be situated in England.

The Company for the purposes of registration is declared to consist of 464 members.

The first members of the Company shall be the subscribers to the Memorandum of Association and every person who had paid a subscription to, and was, at the date of incorporation of the Company a member of the unincorporated club known as the 'River Teign Rowing Club'.

3. OBJECTS & POWERS

The objects for which the Company is established are:

- a) To acquire and take over the assets and liabilities of the unincorporated club known as The River Teign Rowing Club
- b) To promote the sport and recreation of rowing and to acquire all necessary equipment, machinery, tools and apparatus therefor and to encourage social activities by Members of the Company.

The Company may exercise the following powers in furtherance of its objectives:

- a) Power to admit as Members amongst others such Members of the said unincorporated Club as have paid or shall pay their subscription due in advance for the current year and signify their assent to becoming members of the Company.
 - b) Power to establish, maintain and conduct a Rowing and Social club for the accommodation of Members of the Company and to provide a club house and other facilities and generally to afford to Members all the usual privileges, advantages, conveniences and accommodation of such a club.
 - c) Power to draw, make, accept, endorse, discount, execute and issue promissory notices, bills, cheques and other instruments, and to operate bank accounts in the name of the Company.
 - d) Power to raise funds and to invite and receive contributions, provided that in raising funds the Company shall not undertake any substantial permanent trading activities;
 - e) Power to borrow or raise money for the purposes of the Company on such terms and on such security as may be thought fit;
 - f) Power to invest the moneys of the Company not immediately required for its purposes in or upon such investments, securities or property as may be thought fit;
 - g) Power to buy, take on lease or in exchange, any property, and to maintain and equip it for use;
 - h) Power to hire, employ and pay any persons considered necessary for the purposes of the Company;
 - i) Power to buy, prepare, make, supply, sell and deal in all kinds of equipment, wearing apparel, all apparatus and safety equipment used in connection with rowing or required or used by persons frequenting any club house or premises of the Company;
 - j) Power to promote and hold, either alone or jointly with any club or persons, meetings, competitions, races and pursuits and other sports, amusements and pastimes, and to offer, give or contribute towards prizes, medals, cups, testimonials and other awards and to arrange and pay for exhibition races and competitions and to give support to dinners, balls, concerts and other entertainment;
 - k) To do all such other lawful things as are necessary for the achievement of the Objective.
- 4.** The income and property of the Company, whencesoever derived, shall be applied solely towards the promotion and objects of the Company

as set forth in this Memorandum of Association and no portion thereof shall be paid or transferred directly or indirectly by way of dividend, bonus or otherwise howsoever (save as regards the division of any surplus assets in a winding up) by way of profit to the Members of the Company. Provided that nothing herein contained shall prevent the payment in good faith of remuneration to any officers or servants of the Company or to any Member of the Company or other person in return for any services actually rendered to the Company or prevent the issuing of debentures to or the borrowing of any money upon security from Members of the Company or any persons at an agreed rate of interest.

5. The liability of the Members is limited.

6. Every Member of the Company undertakes to contribute to the assets of the Company in the event of the same being wound up while he is Member or within one year after he ceases to be a Member for payments of the debts and liabilities of the Company contracted before he ceases to be a Member and of the costs, charges and expenses of winding up and for the adjustment of the rights of the contributories among themselves, such amounts as may be require but shall not exceed One Pound (£1.00).

7. APPLICATION FOR MEMBERSHIP AND ELECTION OF CANDIDATES

The Rules relating to application for membership of the Company and for the election of candidates to membership of the Company shall be such as the Company shall in General Meeting from time to time decide and shall be set out in the Rules of the Company.

8. ENTRANCE FEE AND ANNUAL SUBSCRIPTIONS

a) The entrance fees, subscriptions and any other dues payable by the members of the Company shall be such as the Directors may decide from time to time.

b) The rules relating to entrance fees, subscriptions and other dues shall be such as the Company in General Meeting shall decide and shall be set out in the Rules of the Company.

9. RIGHTS OF MEMBERS TO USE FACILITIES

Subject to the express provision of these Articles and to the Memorandum of Association and to any Bye Laws for the time being in force, all Members of the Company shall be entitled at all times to use in common all the premises and property of the Company, and to be supplied at such charges as the Directors shall from time to time determine, with such meals, refreshments, liquors and things as a provided by the Company for the use of its Members.

10. MEMBERS ELIGIBLE AS DIRECTORS

- a) Subject to Article 10 (b) below, those Full Members who have paid their subscription to the Company shall be entitled to be elected as officers or directors of the Company.
- b) Only Members entitled to vote are entitled to be elected as Officers or Directors of the Company.
- c) Any Member who is under the age of 18 shall not be entitled to be elected as an Officer or Director of the Company.

11. RESIGNATION OF MEMBERS

Any member may resign his or her membership of the Company giving to the Secretary and deposited at the registered office of the Company on calendar months notice in writing.

12. FORFEITURE OF MEMBERSHIP

Any member whose annual subscription is unpaid on the 30th day of April ceases forthwith on that date to be a Member of the Company and shall forfeit all rights in and claim upon the Company and its property but may be reinstated at the discretion of the Directors on payment of all arrears. He or she may rejoin at any time during that year. Such member shall in any event remain liable for the monies due from him to the Company.

13. EXPLUSION OF MEMBERS

If any member shall wilfully refuse or neglect to comply with the provisions of the Memorandum and Articles or Bye Laws of the Company or shall be guilty of conduct which is unsatisfactory, the Directors shall meet and shall have the right by simple majority to expel or suspend such member provided that at least one week before such meeting he or she shall have had notice thereof and that he or shall at such meeting have the opportunity of giving orally or in writing any explanation or defence he or she may think fit. The quorum for such meeting shall be two [2] Directors. A member expelled under this Article shall forfeit all rights in, and claim upon the Company and its property.

GENERAL MEETINGS

14. The Company shall hold a General Meeting between 1st October and 15th December in every calendar year as its Annual General Meeting at such time and place as may be determined by the Directors, and every General Meeting except the first shall be held not more than fifteen months after the holding of the last preceding Meeting.

15. All General Meetings, other than Annual General Meetings, shall be called Extraordinary Meetings. The Directors may whenever they think fit convene an Extraordinary Meeting and Extraordinary Meetings shall also be convened on such requisition or in default may be convened by such requisition as provided by Section 368 of the Act.

16. Twenty-one days' notice at the least of every Annual General Meeting and of every Meeting convened to pass a Special Resolution, and fourteen days' notice at the least of every other General Meeting (exclusive in every case both of the day on which it is served or deemed to be served and of the day for which it is served or deemed to be served and of the day for which it is given), specifying the place, the day and the hour of Meeting and in the case of special business the general nature of that business, shall be given in manner hereinafter mentioned to such persons (including the Auditors) as are under these Articles or under the Act entitled to receive such notices from the Company, but with the consent of all the members entitled to receive notices thereof, or of such proportion thereof as is prescribed by the Act in the case of Meetings other than Annual General Meetings, a Meeting may be convened by such notice as those member may think fit.

17. The accidental omission to give notice of a Meeting to, or the non-receipt of such notice by, any person entitled to receive notice thereof shall not invalidate any Resolution passed or proceedings held at any Meeting.

PROCEEDINGS AT GENERAL MEETINGS

18. a) All business shall be deemed special that is transacted at any Extraordinary Meeting with the exception of any business which under these Articles or the Bye Laws requires a simple majority, and all that is transacted at an Annual General Meeting shall also be deemed special, with the exception of the consideration of the Income and Expenditure Account and Balance Sheet, and the reports of the Directors and of the Auditors, the election of Officers and Directors in the place of those retiring, and the appointment of, and the fixing of the Auditors.

b) Only business that is set out on the Agenda of any Annual General Meeting or Extraordinary Meeting may be transacted at such meetings.

19. No business shall be transacted at any General Meeting unless a quorum is present when the meeting proceeds to business. Save as herein otherwise provided twenty-five [25] members personally present shall be a quorum.

20. If within half an hour from the time appointed for the holding of a General Meeting a quorum is not present, the Meeting, if convened on the requisition of members, shall be dissolved. In any other case it shall stand adjourned to the same day in the next week, at the same time and place, or at such other place as the Chairman shall appoint, and if at such adjourned meeting a quorum is not present within half and hour from the time appointed for holding the meeting the members present shall be a quorum.

21. The Chairman of the Company shall preside as Chairman at every General Meeting, but if at any meeting he shall not be present within fifteen minutes after the time appointed for holding the same, or shall be unwilling to preside, the Vice Chairman shall preside as the Chairman of that meeting, but if at any such meeting he or she shall not be present within fifteen minutes after the time appointed for holding the same, or shall be unwilling to preside then the

members present shall choose some Director or if no Director be present or if all the Directors decline to take the chair, they shall choose one member of the company who shall be present to preside.

22. The Chairman may, with the consent of a simple majority of any meeting at which a quorum is present (and shall if so directed by a 75% majority of the meeting) adjourn a Meeting from time to time and place to place but no business shall be transacted at any adjourned Meeting other than business which should have been transacted at the Meeting from which the adjournment took place. Whenever a Meeting is adjourned for thirty days or more, notice of the adjourned Meeting shall be given in the same manner as of an original Meeting. Save as aforesaid, the members shall not be entitled to any notice of adjournments or of the business to be transacted at any adjourned Meeting.

23. At all General Meetings a Resolution put to the vote of the Meeting shall be decided on a show of hands by the appropriate majority of the members present in person and entitled to vote, unless a poll is, before or upon the declaration of the result of the show of hands, demanded by the Chairman or at least one third of the Members present and unless a poll be so demanded by declaration by the Chairman of the Meeting that a resolution has been carried, or carried unanimously, or by a particular majority, or lost, or not carried by a particular majority, and an entry to that effect in the Minute Book of the Company shall be conclusive evidence of the fact without proof of the number or proportion of the votes recorded in favour of or against that resolution.

24. Subject to the provisions of Article 25, if a poll be demanded in manner aforesaid, it shall be taken in such manner as the Chairman of the Meeting shall direct and the result of the poll shall be deemed to be the resolution of the Meeting at which the poll was demanded.

25. No poll shall be demanded on the election of a Chairman of a Meeting or on any question of adjournment.

26. In the case of an equality of votes, in business requiring a simple majority, whether on a show of hands or on a poll, the Chairman of the Meeting shall be entitled to a second or casting vote.

27. The demand of a poll shall not prevent the continuance of a Meeting for the transaction of any business other than the question on which a poll has been demanded.

VOTES OF MEMBERS

28. Subject as hereinafter provided every Full Member, Family Member and Joint Member shall have one vote. No other category of membership shall be entitled to vote at any General Meeting.

29. Votes may only be given personally. There shall be no right for any member to vote by proxy.

OFFICERS AND DIRECTORS

- 30.** The officers of the Company shall consist of a Chairman, a Vice-Chairman, Secretary and Treasurer elected and retiring in accordance with these Articles.
- 31.** The first officers of the Company shall be the Chairman, Vice Chairman, Secretary and Treasurer of The River Teign Rowing Club.
- 32.** The Directors of the Company shall consist of the Chairman, Vice Chairman, Secretary, Treasurer, not more than twelve Full Members, Family Members or Joint Members of the Company elected and retiring in accordance with these Articles.
- 33.** The first Directors of the Company shall be all those elected members of the committee of the River Teign Rowing Club.
- 34.** The officers and the Directors of the company shall be unpaid.
- 35.** The Directors may from time to time and at any time appoint any Full Member, Family Member, Joint Member of the Company as a Director subject as herein expressed to fill as casual vacancy of the Directors, provided that the prescribed maximum be not there exceeded. Any member so appointed shall retain his office until the next Annual General Meeting but he shall then be eligible for election.

ELECTION OF OFFICERS AND DIRECTORS

- 36.** The election of officers and Directors of the Company shall take place in the following manner:
- a) The nomination procedure contained in these Articles shall be followed.
 - b) At the appropriate Annual General Meeting those members of the Company entitled to vote should do so by ballot save where there is no more than one nomination where such election shall be decided by a show of hands.
 - c) In case there shall not be sufficient number of candidates nominated then the Directors may complete the nomination list as they at their discretion shall think fit.
 - d) If two or more candidates obtain an equal number of votes another ballot shall be taken in respect of such candidates. If two or more candidates again obtain an equal number of votes, the Directors shall select by lots from such candidates, the candidate or candidates who is, or are, to be elected.

POWERS OF DIRECTORS

37. The business of the Company shall be managed by the Directors who shall pay all expenses of, preliminary and incidental to the promotion, formation, establishment and registration of the Company and do on behalf of the Company all such acts as may be exercised and done by the Company as are not by statute or by these Articles or by the Rules required to be exercised or done by the Company in General Meeting.

38. Without prejudice to their powers under the provisions of Article 37 the Directors may issue debentures, debenture stock, bonds or obligations of the Company at such time, in such form and for such amount and may raise or borrow for the purposes of the Company such sums of money upon mortgage or charge on any of the property of the Company or on bonds or debentures or otherwise, as they may think fit, providing that such sums shall not exceed £20,000 in aggregate. In the event that such sum is to exceed £20,000 it must be approved by a simple majority of the members entitled to vote in a General Meeting.

39. Without prejudice to their powers under the provisions of Article 43 hereof the Directors shall have power from time to time to make, alter and repeal all such Regulations as they may deem necessary or expedient or convenient for the proper conduct and management of the Company. The Directors shall cause notices to be displayed prominently on the Company notice boards and shall adopt such means as they deem sufficient to bring to the notice of members of the Company all such regulations alterations and repeals. All such regulations, so long as they shall be in force, shall be binding upon all members of the Company. Provided nevertheless, that no regulations shall be inconsistent with, or shall affect or repeal anything contained in the Memorandum and Articles of Association or the Rules of the Company, and that any regulation may be set aside by a special resolution of a General Meeting of the Company.

40. The Directors may act notwithstanding any vacancy in their body, provided always that in case the Directors shall at anytime be or be reduced in number to less than the minimum number prescribed by or in accordance with these presents, it shall be lawful for them to act as the Directors for the purpose of filling vacancies in their body or of summoning a General Meeting, but not for any other purpose.

COMPANY SECRETARY

41. The provision of Sections 283 and 284 of the Act shall apply and be observed with regard to the Company Secretary. The Directors may from time to time by resolution appoint an assistant or deputy secretary upon such terms as to remuneration and otherwise as they may think fit and any person so appointed may act in place of the secretary if there be no secretary or no secretary capable of acting.

42. The function of company Secretary and the performance of the functions of the Company Secretary shall be undertaken by a Director.

THE SEAL

43. The seal of the company shall not be affixed to any instrument except by the authority of a resolution of the Directors and in the presence of at least two of the Directors, or a Director and the Company Secretary, and the said Directors of the Company secretary shall sign every instrument to which the seal shall be so affixed in their presence, and in favour of any purchaser or person bona fide dealing with the Company such signatures shall be conclusive evidence of the fact that the seal has been properly affixed.

DISQUALIFICATION OF DIRECTORS

- 44.** The office of a Director shall be vacated:
- a) If a receiving order is made against him or he makes any arrangement or composition with his creditors;
 - b) If he 'becomes of unsound mind;
 - c) If he ceases to be a member of the Company;
 - d) If by notice in writing to the Company he resigns his office;
 - e) If he ceases to hold office by reason of any order made under Section 296 – 299 of the Act;
 - f) If he is removed from office by a resolution duly passed pursuant to Section 303 of the Act;
 - g) If he shall fail to attend any meeting of the Directors during a period of four consecutive calendar months, otherwise than for any reason such as ill health, business commitments or otherwise as the Directors shall consider adequate.

For the avoidance of doubt, no Director shall be disqualified purely because of his age.

ROTATION OF DIRECTORS

45. At the first Annual General Meeting all officers and the Directors shall retire from office, but shall be eligible for re-election for a period of three years as appropriate for their office.

46. At every Annual General Meeting all those of the twelve [12] Full Member, Family Member or Joint Member Directors who have served their appropriate term of office since their last election and shall retire from office.

47. Any subsequent Annual General Meeting any Chairman who has served for three years since his last election shall retire from office. Such retiring Chairman shall be eligible for re-election.

48. At every subsequent Annual General Meeting Chairman or Vice Chairman who has served for one year since their respective last election shall retire from office. Such retiring Chairman or Vice Chairman shall only be eligible for re-election in exceptional circumstances and if the Directors believe it in the best interests of the Company.

49. At every subsequent Annual General Meeting any Treasurer who has served for one year since his last election shall retire from office. Such retiring Treasurer shall be eligible for re-election.

50. Any person not being a Director retiring at the Meeting shall not be eligible for the office of Director at any General Meeting, unless within the prescribed time before the day appointed for the meeting, there shall have been given to the Secretary notice in writing by two Members, duly qualified in accordance with these Articles and the Bye Laws to be present and vote at the Meeting, of their intention to propose and second such person for election, and also notice in writing, signed by the person to be proposed, of his willingness to be elected. The prescribed time above mentioned shall be forty-two days before the day appointed for the Meeting. A list of such persons proposed for election shall be posted on all Rowing Club notice boards as soon as practicable after the receipt of their notification.

51. The Company may from time to time in General Meeting increase or reduce the number of Directors, and may make the appointments necessary for effecting any such increase.

52. In addition, and without prejudice to the provisions of Section 303 of the Act, the Company may by special resolution remove any Director before the expiration of the period of office, and may by an ordinary resolution appoint another qualified member in his stead.

PROCEEDINGS OF THE DIRECTORS

53. The Directors shall meet together monthly with the possible exception of December for the dispatch of business and shall adjourn and otherwise regulate their meeting as they think fit. The quorum necessary for the transaction of business shall be seven [7]. Questions arising at any Meeting shall be decided by a majority of votes. In the case of equality of votes the Chairman shall have a second or casting vote.

54. Two Directors may, and on the request of two Directors, the Secretary shall at any time summon a meeting of the Directors by notice served upon the several Directors. A Director who is absent from the United Kingdom shall not be entitled to notice of a meeting.

55. The Chairman of the Company shall preside as Chairman at all meetings of the Directors at which he shall be present but if no such Chairman be elected or if at any meeting the Chairman be not present within fifteen minutes after the time

appointed for holding the meeting and willing to preside, the Vice Chairman shall be Chairman of the meeting.

56. A meeting of the Directors at which a quorum is present shall be competent to exercise all the authorities, powers and discretion by or under these Articles and the Bye Laws of the company for the time being vested in the Directors generally.

57. The Directors have the power to confer upon the Chairman of the Company the authority to establish sub-committees for specific functions consisting of such Directors that the Chairman thinks fit, and any sub-committees so formed shall, in the execution of powers so delegated, conform to any terms of reference imposed on it by the Chairman. The meetings and proceedings of any sub-committees shall be governed by the provisions of these Articles so far as applicable and so far as the same shall not be superseded by any Bye Laws provided that sub-committees shall only be empowered to make recommendations for consideration by the Directors. The Directors may empower any such sub-committees to co-opt any member of the Company. The Quorum for such a meeting shall be three [3].

58. All acts bona fide done by any meeting of the Directors or of any sub-committees of the Directors or by any person acting as a Director shall notwithstanding it be afterwards discovered that there was some defect in the appointment or continuance in office of any such member or person acting as aforesaid or that they or any of them were disqualified, be as valid as if every such person had been duly appointed in office and was qualified to be a Director.

59. The Directors shall cause proper minutes to be made of all appointments of the officers made by the Directors and of the proceedings of all meetings of the Company and of the Directors and of the sub-committees of the Directors and all business transacted at such meetings and any such minutes of any meetings, if purporting to be signed by the Chairman of such meeting or by the Chairman of the next succeeding meeting shall be sufficient evidence without any further proof of the facts therein stated.

60. A resolution in writing signed by all the members for the time being of the Directors or of any sub-committees of the Directors who are duly entitled to receive notice of a meeting of the Directors or of such sub-committees shall be as valid and effectual as if it has been passed at a meeting of the Directors or of such sub-committee duly convened and constituted and such resolution must be recorded in the appropriate Minute Book of the Company.

61. If within half an hour from the time appointed for the holding of any Directors meeting or sub-committee meeting a quorum is not present such meeting shall stand adjourned to the same day in the next week at the same time and place or at such other place as the Chairman of the meeting shall appoint and if at such adjourned meeting a quorum is not present within half an hour from

the time appointed for the holding of the meeting the Directors or sub-committee members shall form a quorum.

ACCOUNTS

62. The Directors shall cause proper books of account to be kept with respect to:

- a) all sums of money received and expended by the Company and the matters in respect of which such receipts and expenditure take place;
- b) all sales and purchases of goods by the Company and;
- c) the assets and liabilities of the Company;

Proper books shall not be deemed to be kept if there are not kept in such books of accounts as are necessary to give a true and fair view of the state of the affairs of the Company and to explain its transactions.

63. The books of account shall be kept at the registered office of the Company or at such other place or places as the Directors shall think fit and shall always be open to the inspection of the Directors.

64. The Directors shall from time to time determine whether and to what extent and when the accounts and books of the Company shall be open to inspection by the members of the Company. No member of the company not being a Director shall have any right of inspecting any account or book of the Company except as conferred by statute or authorised by the Directors.

65. At the Annual General Meeting in every year the Directors shall lay before the Company an Income and Expenditure account for the period since the last preceding account (or in the case of the first account since the Incorporation of the Company made up to date not more than six months before such Meeting, together with a balance sheet made up as at the same date. Every such balance sheet shall be accompanied by a report of the Directors and the Auditors. Copies of such accounts, balance sheet and reports all of which shall be framed in accordance with any statutory requirements for the time being in force and of any other documents required by law to be annexed or attached thereto or to accompany the same shall be not less than twenty-one days before the date of the Meeting be sent to the Auditors and to all other persons entitled to receive notices of General Meetings in the manner in which notices are hereinafter directed to be served. The Auditor's report shall be open to inspection and be read to the Meeting.

AUDIT

66. One at least in every year the accounts of the Company shall be examined and the correctness of the income and expenditure account and balance sheet ascertained by one or more properly qualified auditor or auditors.

67. Auditors shall be appointed and their duties regulated in accordance with the Act.

NOTICES

68. A notice may be served by the Company upon any member, either personally or by sending it through the post in a prepaid letter, addressed to such member at his registered address as appearing in the Register of Members.

69. Any member described in the Register of Members by an address not within the United Kingdom who shall from time to time give the Company an address within the United Kingdom at which notices may be served upon him, shall be entitled to have notices served upon him at such address but save as aforesaid, only those members who are described in the Register of Members by an address within the United Kingdom shall be entitled to receive notices from the Company.

70. Any notice, if served by post, shall be deemed to have been served and in providing such service it shall be sufficient to provide that the letter containing the notice was properly addressed and put into the Post Office as a prepaid letter.

DISSOLUTION

71. If the Company shall be wound up the assets remaining after payment of debts and liabilities of the Company and the cost of liquidation shall be passed to a Company or body or Companies or bodies with similar objects to the Company

RULES and REGULATIONS

1. MEMBERSHIP

Classes of Membership are:

- a) Full Membership – over the age of 18 years on 1st April
- b) Family Membership – spouse and children
- c) Joint Membership – couples over the age of 18 years
- d) Junior Membership – under 18 on 1st April, parental consent needed
- e) Associate / Social Membership – not having use of club boats or training equipment.

The rates of subscription shall be determined by the Members in General Meeting and shall be due on 1st April in each year.

2. SAFETY

All members must be aware at all times of their own safety and the safety of others.

3. CHILD & VULNERABLE ADULTS PROTECTION POLICY

In accordance with the Amateur Rowing Association policy and rules relating to Child Protection procedures the Company shall appoint:

- a) A Junior Organiser who has gained one of the ARA's Coaching Awards to be responsible for the Club's juniors on a day-to-day basis.
- b) A separate and senior 'Club Welfare Officer' to whom concerns or allegations regarding inappropriate treatment of juniors and vulnerable adults may be made. It will be his/her duty to understand the requirements of the ARA's Child Protection Procedures and to act on them as necessary. He/she must also ensure that there is a well established complaints procedure and that all members have the relevant information and thus easy access to it.

4. DECLARATION

Each member upon joining shall sign the following declaration:

Upon acceptance into membership of the River Teign Rowing Club Ltd I understand that rowing is undertaken at my own risk. I confirm that I do not suffer from any disability or medical conditions that may render me unfit for strenuous exercise*. I also confirm that I am able to swim a minimum of 100 metres (ROSPA recommended standard).

* Should a medical condition exist, this will not necessarily preclude you from membership / participation, but it must be declared. Should you be in any doubt, advice should be sought from your doctor.