



Société des Régates Messines



**REGISTRATION FORM Saturday, May 02, 2020**  
**L'APPEL DE LA MOSELLE (METZ ROWING TOUR)**

CLUB: .....

Name of the delegate: .....

Address of the delegate: .....

City: ..... Postal code: .....

Tel: ..... Cell phone: .....

E-mail: .....

**1 crew per form; choice of course: 57km or 25km**

Last name (in capital letters)	First name	Date of birth (for foreign rowers)	License number (compulsory)
1			
2			
3			
4			
5			

Registration rower or companion included lunch	40 € x	=
Seat(s) rental	15 € x	=
	<b>Total</b>	=

To be returned with payment proof to:

By post :

Société des Régates Messines  
Alain COURVOISIER  
2 quai des Régates  
57000 METZ

Or by email

[alain.courvoisier@modulonet.fr](mailto:alain.courvoisier@modulonet.fr)

Date :

Signature :



Société des Régates Messines



## ROWER'S COMMITMENTS

### The rower recognises :

- o knowing how to swim well
- o having a sufficient level of fitness and rowing practice to complete the course
- o Being in possession of a valid FFA or international license
- o Having a medical certificate allowing the practice of rowing.
- o Respecting the current navigation code, as well as the rules and instructions given by the organizers.

(Rowers practicing abroad and licensed in a national federation must be insured by an initiation certificate).

### On board each boat :

- o Each rower must have at his disposal a life jacket, which must be worn in the locks.
- o The crew is equipped with scoops and a 10m length and 10mm diameter rope for mooring and towing, and a hook with non-metallic tip.
- o The crew appoints a boat captain.
- o The boat captain must be qualified and adult, he (she) must:
  - ensure the safety of the crew and the respect of the river navigation code
  - know the rowing tour program and the safety instructions. He (she) attends any meetings
  - check the equipment condition before departure
  - be sure of the experience and skill of the cox.

I, the undersigned ..... President of ..... certifies that rowers participating to « L'APPEL DE LA MOSELLE » subscribe to the conditions mentioned above.

Date and signature