

# Shenley Striders Running Club

## MEMBERSHIP APPLICATION FORM

Operating from: Shenley Leisure Centre, Shenley Church End, Milton Keynes, MK5 6HF.

Annual Membership: £31 by bank transfer to S/C 09-01-27 Account No. 94600429.

Renewing members £29 if payment received by 30/4/2020. £2 late penalty paying after 30/4/2020

ATHLETE DETAILS	
Full Name:	Date of birth:
Renewing Members: I confirm I have checked my England Athletics record and no changes are needed <input type="checkbox"/>	
Address (including postcode):	
Home telephone:	Mobile:
Email: Do you consent to this email address being made available to all members of Shenley Striders for communication purposes? <b>YES / NO</b>	
Previous athletics/running club and resignation date (if applicable):	
Are you a member of another athletics/running club? If so, please name:	
If you have more than one club, will Shenley Striders be your First Claim Club in competitions? <b>YES / NO</b>	
Emergency Contact (name, contact number and relationship to you):	

MEDICAL INFORMATION
Please detail below any important medical information that we should be aware of (e.g. epilepsy, asthma, diabetes, allergies, sensory, learning, physical etc.) <b>Please do not leave blank – please write None if not applicable.</b>
I give consent to emergency treatment being given to me by appropriate personnel: <b>YES / NO</b>

PUBLICITY
The Club promotes its activities and performances on its own website and Facebook Group. Please confirm that you (and your family) accept pictures being entered onto the website and Facebook Group. <b>YES / NO</b>

ATHLETE AGREEMENT
I wish to join Shenley Striders Running Club. The information provided is correct to the best of my knowledge. By returning this completed form, I am willing to abide by the Club's Code of Practice for athletes (see Club's Website) and agree to always behave in the manner befitting a Shenley Strider when representing the Club.
Signature:
Date:

The data provided on this form will be stored on the Club and EA's database and will only be used by the Club, England Athletics and UK Athletics for registration and affiliation purposes, and to contact you or your nominated contact in case of emergency.

## Shenley Striders Running Club Disclaimer Form

- The Shenley Striders running club exists purely to offer an opportunity for like-minded runners to exercise together in a group and nothing more.
- All attendees should consider the club as an informal gathering of people who will run together in a loosely structured format.
- The club is operated and managed by a number of volunteers in their free time and these volunteers cannot accept any responsibility for any events that occur at the club. These volunteers may or may not have taken any training/coaching.
- Every person attending the club must take full and complete responsibility for their own actions. Know your limits.
- If you have any medical conditions that could affect you or prevent you from undertaking group activity (e.g. because of government health guidelines), it is your responsibility to make the club aware of these. It is your decision alone whether or not you are fit and able to run with the Striders. If you are unsure, consult your GP.
- You must not attend a session if you have symptoms of any disease, illness or public health issue covered by government guidelines and restrictions. By participating in any session, you are self-certifying that you are fit to run in accordance with and not contravening government health guidelines and restrictions.
- If you feel dizzy, faint or unwell it is your responsibility to stop exercising and to notify other runners of this.
- If you stop mid-session, you must not go home without notifying the session leader.
- We recommend that you can run at least 10K comfortably in around an hour.
- The volunteer leading the session is authorised by the Committee to refuse to let you run with the group but will give you the reason(s) for the refusal.
- Any matters of concern should be directed at the Striders Committee.
- Appropriate clothing and footwear for running must be worn. You should dress appropriately for the weather and for the lighting conditions. During runs in the dark or if visibility is poor, you **must** wear hi-visibility and/or reflective clothing and wear or carry suitable lights.
- We recommend that you run with your mobile phone.
- The minimum age that we can accept is 18.
- The club does not discriminate against any attendees but we are unable to cater for any people with special requirements.
- The club uses Facebook as its principal means of communication to club members.
- After a maximum of four trial sessions, you will make a decision to join the club or not.
- Each runner must accept full and complete liability for their actions.

I .....fully understand all of the items listed above, I meet all criteria, formally declare that I am fit and able to run and fully accept the risks.

Signed..... Date.....