

# Stonehaven Running Club

## 2011 MEMBERSHIP FORM

Membership Fee £15.00 per annum



PLEASE PRINT DETAILS NEATLY

Name:						
Address #1:						
Address #2:						
Address #3:						
Address #4:						
Post Code:						
e-mail address:						
Day Tel:						
Mobile No:						
Male: <input type="checkbox"/>	Female: <input type="checkbox"/>	DOB				
SAF Membership No:						
Profession:						
Medical Conditions:	Please list any medical condition that may affect you whilst out training:					
Emergency Contact Details:	Please add a name and telephone number of someone we could contact in case of emergency					
Name:						
Phone:						
Do you require any club kit? Vests £16 T-shirts £18	Female Vest:	8 <input type="checkbox"/>	10 <input type="checkbox"/>	12 <input type="checkbox"/>	14 <input type="checkbox"/>	16 <input type="checkbox"/>
	Female T-Shirt:	8 <input type="checkbox"/>	10 <input type="checkbox"/>	12 <input type="checkbox"/>	14 <input type="checkbox"/>	16 <input type="checkbox"/>
	Male Vest:	small <input type="checkbox"/>	medium <input type="checkbox"/>	large <input type="checkbox"/>	XL <input type="checkbox"/>	XXL <input type="checkbox"/>
	Male T-shirt:	small <input type="checkbox"/>	medium <input type="checkbox"/>	large <input type="checkbox"/>	XL <input type="checkbox"/>	XXL <input type="checkbox"/>
Would you be willing to help the club (e.g. marshalling)	YES <input type="checkbox"/>	NO <input type="checkbox"/>				

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<b>Membership Database:</b>	<p>The information which you provide in this application and any other personal information obtained or provided during the course of your membership will be used solely for the purpose of dealing with your membership application and your continuing membership to the club. This information will be stored on a computer database, and from time to time your contact details may be distributed within the Stonehaven Running Club membership.</p> <p>If you object, please tick here <input type="checkbox"/></p> <p>Occasionally we take photographs of Club members for use on our own website. If you object, please tick here <input type="checkbox"/></p> <p>The data will not be shared with any third party for marketing or commercial purposes without firstly obtaining your explicit consent. All emergency contact and medical information will only be accessible to coaches for attending to your safety during training sessions.</p>		
<b>Member Details and Benefits:</b>	<ul style="list-style-type: none"><li>• Membership Runs from 1<sup>st</sup> April till 31<sup>st</sup> March</li><li>• Membership costs £15 in 2011 -2012</li><li>• Affiliated club with Association of Running Clubs (<a href="http://www.runningclubs.org.uk">www.runningclubs.org.uk</a>), this gives the club insurance for running and social events</li><li>• 10% discount at The Running Shop, on presentation of membership card</li><li>• 10% discount at Run-4-It Aberdeen, on presentation of membership card</li><li>• 10% discount at Cotswold Outdoors, Union Square on presentation of membership card</li><li>• 10% discount at The Sweatshop Dundee on presentation of membership card</li><li>• Tea and biscuits after the class on the last Tuesday of the month</li><li>• Additional benefits (such as discounts will be detailed on the website <a href="http://www.stonehavenrunningclub.co.uk">www.stonehavenrunningclub.co.uk</a>)</li></ul>		
<b>Health and Safety:</b>	<p>We would ask that you adhere to the following:</p> <ul style="list-style-type: none"><li>• Safety is of paramount importance; each member is expected to take responsibility of their safety and act accordingly, although members are expected to concern themselves with the safety of others and take immediate action if they believe a fellow member to be at risk.</li><li>• Wear something white, bright or fluorescent so you can be seen.</li><li>• Make sure you know where the run is going.</li><li>• Always run with a group of at least one other person.</li><li>• Use pavements wherever possible and when waiting for other group members be aware of the public who also use pavements.</li><li>• Coaches will adhere to the codes of practice as detailed by UK Athletics. <a href="http://www.uka.org.uk/governance/health-safety/code-of-practice/?locale=en">http://www.uka.org.uk/governance/health-safety/code-of-practice/?locale=en</a></li></ul>		
<b>Signature:</b> <small>(if you are under 18 years of age then you will need your parent or guardian to sign this form and they must be aware of the type of training you will be taking part in)</small>		<b>Date:</b>	

**Please return to Club Secretary: Claire Allan, 8 Highfield Way, Stonehaven, Aberdeenshire AB39 2PT.  
Please make cheques payable to Stonehaven Running Club**