Chard Road Runners

Membership form 2024/25

Please complete in block capitals

First Name ……………………………………… Last Name……………………………………………..

New members/change of details (address, email, medical conditions, allergies, emergency contact. (continue

 on back if needed).

**Title** - Mr/Mrs/Ms/Miss:……………………**Sex at birth**…………………………….

**Date of birth**: ……………………**Email Address**: …………………………………………………………………

**Home address and postcode**: ………………………………………………………………………………………

…………………..……………………………………….**Your phone number**: ……………………………………

**Emergency Contact Name and phone number**: ……………………………………………………….……………

**Medical conditions/allergies and medication** (for none please state None). …………………………….……….

…………………………………………………………………………………………………………….……………

Membership options: - please circle

Chard Road Runners Inc EA membership £34…………..

Chard Road Runners non competitive £15…………….

 Payment method please circle: - Cash / Bacs

 Payable to Chard Road Runners (is a business account)

 Sort code 30 67 72 Account number 39620063

 Bank reference for payment – use surname & initial, abbreviate surname if necessary, and record what you used here:

 …………………………………………. Date paid ……………………………….

### The Club rules and code of conduct are detailed overleaf. The Club’s Constitution and GDPR statement is available on the club website chard-road-runners.webador.co.uk and available on request from the membership secretary.

### By signing you agree to comply with the club rules and adhere to the code of conduct, and that you take part at your own risk. CRR will not be held responsible for any injury or loss as a result of participation in club activities.

Signature…………………………………………..Date…………………………….

Please return forms to Helen Baxter at 1 Touches Meadow, Chard, Somerset, TA20 1PA or email to chardroadrunners.membership@outlook.com

**Rules**

Members must abide by the club rules.

1. Members must abide by the Code of Conduct.
2. Members must behave in a manner that is not contrary to the club’s Constitution.
3. Members must comply with the event organisers rules of competition, usually UK Athletics or the Association of Running Clubs.
4. Members must abide by the law of the land when representing The Club or participating in club activities.
5. Members must acknowledge and accept that they are responsible for their own actions and participate in the club’s activities at their own risk.
6. Members must adhere to the dress code when competing in team events, as detailed in the Constitution.
7. Members must act in a sportsmanlike way during club activities and events.
8. Members must treat other members with respect, including but not limited to:

Not threaten others nor engage in acts of verbal or physical abuse or other types of abuse. Included in other types of abuse are any form of abuse on social media.

1. Members must respect the rights, dignity, privacy and worth of other members, and not discriminate on the grounds of gender, race, colour, disability, running ability, sexuality, age, marital status, occupation or political opinion.
2. Members must not bring the club in to disrepute.
3. It is a condition of membership that Members only participate in Club organised races when it is known that all marshalling requirements have been met, and that if available the member will volunteer to fulfil marshalling duties for club races.

**Code of Conduct**

1. Members are encouraged to wear clothing appropriate to the prevailing weather conditions (applies equally to hot and cold conditions), including Hi-viz or bright clothing when dark. Members are encouraged to use lighting when running in the dark, both for vision and to be seen.
2. Members are encouraged not use personal audio equipment (MP3 player, iPod, etc.) during training sessions.
3. Members must listen carefully at all times to the instructions given by the run leader and comply with all instructions given, paying particular attention to safety instructions.

Additional information from member as required: