



Membership Form

Fantastic news that you have chosen to join Pound Hill Pounders Group! We look forward to welcoming you to the team. Once completed you will be added to our private members only Facebook group.

Pound Hill Pounders has a Privacy Policy in force where only group leaders will have access to your information.

All members must complete a membership form and are responsible for informing us of any changes to the details provided.

Personal Information

Name		Date	
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Address	
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Phone number		Email	
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Emergency contact		Phone number	
Relationship			

Do you have any health issues that we need to be aware of?	Yes/ No If yes, please provide details:
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What is your running experience?	Beginner	Getting back into running	Intermediate	Advanced
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Please read the information below when you sign you are agreeing to the statements.

Photos and Videos

I understand that any images or video footage taken at Pound Hill Pounders training or events may be used in promotional material, on social media and the club website. If on any particular day I do not want to be filmed I must make the leader aware before the activity. I understand that published promotional material may stay online even if I am no longer a member.



Conduct

I understand that to be a Member I agree to the Code of Conduct below and agree to be bound by them during my membership.

Code of Conduct:

1. I will be responsible for attending sessions appropriately dressed i.e., suitable running shoes, cycling helmet, head torch and high vis where required (this list is by no means exhaustive).
2. I understand that I must be responsible for my own hydration as required during training, cycling or organized runs.
3. I will follow instructions given to me by coaching staff during a training session.
4. I understand that I am responsible for my own belongings when at a training session and the Club cannot be held liable for any losses or damage.
5. I will report any injuries or concerns to the coaching staff at the start of any training session or organized activity or as soon as I become aware of any.
6. I understand that I am responsible for my own safety when training with the Club.
7. I understand that youth members (14-18 years of age) are welcome but that the coaching staff reserves the right to turn away any youth members if they feel that health and safety of either the youth member(s) or the group as a whole is put at risk.
8. I understand that I should not leave a training session or organized activity without first informing the coaching staff of that session.
9. I will not attend a session within 14 days if I have any covid symptoms, been tested positive for covid or have been in contact with anyone with covid. I will inform the run leaders immediately.
10. Pound Hill Pounders fosters an all-inclusive culture. I will support the club, leaders, and members by being courteous, inclusive, and welcoming.

Privacy Statement

I understand that information on this form will be treated with strictest confidence by Pound Hill Pounders (and by those acting for and on behalf Pound Hill Pounders). Pound Hill Pounders has a Privacy Policy in force where only group leaders will have access to your information. Information you supply to us through your membership forms allows us to keep you informed about the club and its events through emails and social media. It also allows us to have a record of your emergency contact details and any medical conditions, both vital to our coaches and leaders in the event of an emergency at training or at an event. You can withdraw your consent at any time by contacting us.

Signature	
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