

## Membership Form

Set up in 2011 initially as a 'pathway' group for new or novice runners and joggers, into the wider local running community. We have strong links with our friends at The Dorset Doodlers RC, Blandford Hash House Harriers, North Dorset Tri Club and The Blandford *parkrun*. We also periodically organise 15 week Couch to 5K courses. Our main aim remains to simply encourage and promote an enjoyment of running for local people, in a friendly atmosphere, with a focus on new runners. As such, we operate on the following basis..

- ! **We are a Social Beginners and Improvers Run Group rather than a traditional running club.**
- ! **Group Membership is FREE to join, as are all our sessions. We'd just like you to wear our shirt (when available)**
- ! **Operating costs are raised by a combination of sponsorship, fundraising and/or donations.**
- ! **We aim to provide a friendly and encouraging environment with a focus on new and novice runners.**
- ! **Our coaches will always try to ensure that our training sessions can accommodate all abilities.**
- ! **All members will be treated equally and respectfully.**
- ! **Less able runners will not be made to feel that they are either being waited for or holding up the proceedings.**
- ! **Headphones are NOT permitted to be worn during our group sessions.**

**Summer Sessions . Mondays 6.30pm** (inc. Bank Holidays) from April to September at Blandford Forum Recreation Ground in Park Road. **Thursdays 7pm** Out & About running activities starting at various locations in Blandford and the surrounding area. **Winter Sessions** October to March, training runs, around the town and under street lighting, **these sessions are less suitable for absolute novice runners. We do not have a 'minimum standard'** but we would suggest that a good starting point is to already be able to **continually slow jog for 4 minutes then walk for 1 minute**. If that seems a bit daunting, then please look out for one of our Summer Couch to 5K courses by following our **runblandford Facebook Page**. To comply with GDPR we do not operate our own digital membership system. Instead, your details will be used to register you as a member of runblandford with England Athletics (EA) / UK Athletics (UKA) to which the club is affiliated. If you are already registered to EA with another club, we register you with us as a Second Claim Club. Once registered, you will receive, a registration number and access to the UKA portal, which will allow you to set your personal preferences. *(Any queries about your personal data and privacy can be directed to [dataprotection@englandathletics.org](mailto:dataprotection@englandathletics.org)).* You will then also have access to the runblandford Members Facebook group Please complete the applicable sections below and email to the address on the form. (We won't share your contact details with any other 3<sup>rd</sup> parties, **but we do share** a list of our members names to Blandford Cricket Club to allow you access to their pavilion). **NEW MEMBERS we look forward to seeing you.**

1. **Declaration:** *(To be completed by everyone)* I wish to join **runblandford** and by completing this form, I agree to abide by the principles and ethos of the group as set out above. I also understand that running is rigorous physical exercise and if I have any concerns about any medical condition which might interfere with exercising safely, I will seek advice from a relevant medical professional and then follow that advice. I agree to strictly abide by any **runblandford Covid-19 rules**, (when in operation) set out for training sessions to ensure the safety and protection of all members and coaches.

Your completed form should be **emailed only to:** [runblandford.membership@gmail.com](mailto:runblandford.membership@gmail.com)

Title	First Name	Surname	Gender	DOB
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Address
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Post Code	Phone	Email
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Facebook/Social Media name if different!
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<b>Survey:</b> Approximately which YEAR did you first attend rb?	Where did you hear about us?
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Emergency Contact person	Emergency Contact Phone
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2. **Second Claim Club:** *(Only complete this section if you are **already** registered to the EA/UKA through another affiliated club but wish to attend organised runblandford training)* This will allow us to add runblandford as "2<sup>nd</sup> claim club" to your existing EA profile.

Name of 1 <sup>st</sup> Claim Club	Existing EA/UKA Registration Number
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3. **Optional EA/UKA Personal membership:** *(Only complete this section if you also wish to take out personal membership of England Athletics through runblandford, which entitles you to discount on race entries)* **Declaration: By entering my name in the box below I am authorising runblandford to take out or renew my "Personal" EA/UK Membership currently £17 p/a.**

Name	EA/UKA Number (if renewing)
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(You will receive an online payment request from England Athletics once your application has been processed)