

## Membership Application Form

Widnes Wasps LRC (“the Club”) annual club membership runs from 1 April to 31 March each year.

By signing this form you understand that participation in any of the Club training activities or representing the Club in any way, eg. at competing races, is done so entirely at your own risk without any liability on the part of the Club. Members should consult their own General Practitioner if they have any health concerns or are suffering from any condition whereby symptoms may be exacerbated by any physical activities.

Only affiliated members will be eligible to enter the Club draw for a chance to run in the Virgin Money London Marathon.

All new members agree to abide by our Code of Conduct (published below & available on our website). You also agree to any photographs or running achievements being published on the Club’s website and various social media sites and occasionally sent to local media so far as Club marketing requires. You also agree that Committee Members and other Wasps may contact you by phone, email or messenger apps.

Please tick **ONE** option from the following:

- |   |                          |                                      |
|---|--------------------------|--------------------------------------|
| I wish to join the Club as a first claim English Athletics (EA) affiliated member | <input type="checkbox"/> | EA affiliated / first claim - £40.00 |
| I wish to join the Club as a social/non EA affiliated member                      | <input type="checkbox"/> | Social/non EA Affiliated - £20.00    |

Bank transfer details: **sort code: 30-90-09 account number: 42018868** – *please use your name as outlined on this application as the reference so that the Club treasurer can identify and allocate your payment*

Title: \_\_\_\_\_ Full Name: \_\_\_\_\_

Address: \_\_\_\_\_ DOB: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_ Mobile no. \_\_\_\_\_

Emergency contact name: \_\_\_\_\_ Emergency contact no. \_\_\_\_\_

Medical conditions that the Club should be aware of: \_\_\_\_\_

**SIGNED IN AGREEMENT:**

Signed: \_\_\_\_\_ Date of application: \_\_\_\_\_

**Please tick:**

**Health declaration:** I understand that participation in this group is entirely at my own risk and that I should consult my own doctor if suffering from any condition that may make running injurious to my health and wellbeing

**Data protection statement:** I am in agreement with you using my data so you can provide me with your club's services and so that I can receive the benefits associated with being a member of your club. I understand that you will share my data with English Athletics. Please see website for full details of how we may use your data.

## **Code of Conduct, Safety & Best Practice ... and what to do when things go wrong**

1. Widnes Wasps (the Club) is committed to providing a welcoming environment where women runners aged 18 and over can feel encouraged, valued, supported and safe.
2. In return our members are expected to treat each other with courtesy and respect. We follow guidance provided by our governing body, England Athletics, including their Code of Conduct for Athletes and the UKA and HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures. More information on these can be found here: <https://www.englandathletics.org/clubs-and-facilities/club-support-services/club-welfare/>
3. All members must sign the relevant code of conduct for their role upon joining and at renewal. There are separate codes for runners, volunteers and coaches. You must log into "My athletics portal" on the [England Athletics Official website](#). This is also where you can check your address, next of kin and any other personal details, and amend if necessary.
4. Recognise that the organised activities of the club depend on the time and efforts of many volunteers who give a significant amount of their time for the benefit of the club. Any Club rules are in place to ensure that your runs are enjoyable and safe.
5. We provide the following guidance for all our members:
  - a. Please show up on time and come ready and fit to run, ie. fuelled, hydrated and wearing the appropriate clothing for the weather conditions. Always wear high-visibility clothing and / or lights on dark evenings.
  - b. All members of the Club declare themselves medically fit to run at their own risk and shall not hold the Club responsible for any incident occurring through a personal medical condition or injury. Please do not turn up for a session with any major injuries, medical conditions or health issues that could become worse as a result of running. Members agree, where appropriate, to carry with them the relevant details of any condition and their name, address and emergency phone number contact details. Please tell your co-runners if you have any issues that may affect your run.
  - c. Alcohol and drugs do not mix with running and if you appear to be under the influence, you will not be allowed to run with the group.
  - d. Be aware of what other members are doing for that night's training and don't let members run alone. Best practice dictates that women should run in groups of three for safety reasons. Whilst not always feasible, every effort should be made to ensure this happens.
  - e. If, during the course of a session, the running group gets spread out, look behind and loop back (known as mustering). This takes the pressure off the faster runner to run too slowly and pressure off the slower runner to run too fast. Re-group a few times during the run for safety and courtesy.
  - f. Please take responsibility for your own safety and do not compromise the safety of others.
  - g. Share the roads and pavements safely and courteously with other users, including pedestrians, cyclists and motorists. Run no more than two abreast on busy roads, pavements or trails, so that other runners, walkers and cyclists can easily pass.
  - h. Where possible, always run on the footpath or pavement. On unpaved roads or where the pavement is obstructed, keep to the right-hand side of the road facing any oncoming traffic or to the left at bends where forward visibility on the right is limited. Cross all roads safely, preferably using a designated crossing, and warn others of on-coming cars/bikes or other hazards.
  - i. Unfortunately, dogs are not allowed to accompany members on organised Club runs as this makes us non-compliant with England Athletics' public liability insurance.
  - j. For safety and communication reasons, please do not wear headphones during a group run – we want you to be aware of your surroundings and able to hear approaching traffic or people.
  - k. The Club relies on its members to report any problems encountered whilst running on training routes, eg. unsafe running, any behaviour likely to bring the Club into disrepute, damaged pavements, potholes, poor visibility, etc. Any incidents should be reported to a Club committee member for future reference and for making known to all club members when appropriate. If you or a running companion are involved in a trip, fall or other accident that results in injury during one of our training runs please report it to a Club committee member so that it can be recorded.
  - l. Our Club Constitution sets out our approach to equity. The Club is committed to everyone having the right to enjoy their running in an environment free from threat of intimidation, harassment and abuse. All members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity. The Club will deal with any incidence of discriminatory behaviour seriously, according to our disciplinary procedures outlined below.
  - m. Comments made on our social media pages – Facebook, Twitter, Instagram - and/or website should not be abusive, offensive or derogatory, nor contain any inappropriate language. The moderators reserve the right to delete these types of postings and exclude the author.

### **Grievances and Disputes**

1. As a small and friendly club, we always aim to resolve any differences of opinion or breaches of our Code via discussion and mediation in the first instance.
2. However, any member guilty of misconduct (including behaviour contrary to the Constitution, a breach of the Club's Code of Conduct, or behaviour detrimental to the Club and its interests as judged by the Committee) may be cautioned or expelled from the Club by a majority decision of the Committee.
3. In the event of consistent flouting of rules by a Club Member, this may result in a verbal warning and then a written warning. Thereafter the Committee shall have the power to expel a member when, in their opinion, it would not be in the interests of the Club for them to remain a member.
4. A member expelled may appeal within four weeks of that expulsion to the Club's Welfare Officer. At a disciplinary hearing, two thirds of the committee must vote for the expulsion for it to be carried out.
5. Any complaints of misconduct (improper or unprofessional conduct) regarding the behaviour of Club Members or Officers must be presented in writing to the Secretary (and where the matter relates to the Secretary, the complaint must be submitted to the Welfare Officer). The Club Welfare Officer is the lead contact for all members in the event of any safeguarding concerns.
6. The Committee will meet to hear complaints within four weeks of a complaint being lodged. The committee has the power to take appropriate disciplinary action including the termination of membership.
7. The outcome of a disciplinary hearing should be notified in writing to the person who lodged the complaint and the member against whom the complaint was made within 14 days of the hearing.
8. There will be the right of appeal to the Committee following disciplinary action being announced. The committee should consider the appeal within 14 days of the Secretary receiving the appeal.