



## APPLICATION FOR MEMBERSHIP

Year starts from 1st April

Please fill in the form and email a copy to [membership@err.club](mailto:membership@err.club)

To the Committee,  
I apply for election as a

**First claim member**

**Second Claim member**

Full name			
Date of birth		Country of birth	
Present address			
Post code		Phone number	
Email			
Are you joining after a C25K course?		If so, my C25K course started in	
I have been a member of the following clubs			
My 1st claim club is		England Athletics URN (if you have one)	
Any health conditions for us to be aware of?			
Current pace (if known)	5K	10K	other
Favourite distance / Running aspirations			

### Payment

The membership fee for the 2024/25 season is £40, please make your payment via electronic bank transfer using the following details:

- Sort Code: **20-90-56**, Account No: **10350338**
- Please include (1) your Surname and (2) the word "SUBS" in the reference box\* and transfer the money

Please note £15 of your annual membership fee will be sent to England Athletics for costs of your affiliation.

### Kit

For club vests, please contact [kit@err.club](mailto:kit@err.club).

For all other club kit, please go to the following website <http://www.iprosports.co.uk/club-zone/elmbridge-running-club/>

### Data & Code of Conduct Consent

As part of becoming a member of Elmbridge Road Runners you provide personal data (primarily through this form and emails), which will be used for our club to keep in contact with you, enter you in club events/competitions and to register you with England Athletics. We cannot process this form until we receive your consent to how we use your data. We also need your confirmation that you have read and agree to abide by the attached Code of Conduct.

**Please provide your confirmation and consent using this survey:** <https://www.smartsurvey.co.uk/s/T2XZEM/>

### Declaration

I DECLARE that the above particulars are correct according to the definition of the AAA as follows:

An amateur is one who has never competed for a money prize or monetary consideration in any athletic sport or game or been in anyway interested in a staked bet or wager made in connection with any athletic competition in which he was an entrant or competitor, who has never engaged in, or assisted or taught any athletic exercise for pecuniary consideration or in anyway exploited his athletic ability for profit with any one who is not an amateur.

Dated	
Signature of applicant	

# ELMBRIDGE ROAD RUNNERS

## Code of Conduct

We believe that all runners at the Club should be treated equally and fairly and should know what the Club expects of them in order to ensure we get the best from our runners while representing the Club.

This document sets out the behaviours expected of Club members, volunteers and participants in all Club activities:

### **In General Members should:**

- behave sensibly and treat fellow members with respect and consideration;
- stop and offer help if you see another runner in difficulty;
- recognise the importance of team spirit and congratulate and support fellow runners;
- wear the Club vest/t shirt when competing in races for the Club;
- challenge inappropriate behaviour and language by others;
- inform the Club Welfare Officer\* if anything makes you concerned or uncomfortable or if you think a fellow runner has suffered from misconduct;
- not behave aggressively, either verbally or physically to anyone: no sexual or racial harassment (intimidation or bullying); do not use obscene language or gestures;
- not make abusive, offensive or derogatory comments on the Club's social media pages (Facebook, Twitter, Website, Instagram) and if such comments are made, the Committee reserves the right to delete these posts and exclude the author. ERR recognises that many runners make use of social media in a personal capacity and while they are not acting on behalf of the Club, members must be aware that they could risk damaging the Club's reputation if comments are not appropriate. All members are therefore requested to ensure that they continue to recognise and respect this;
- pay your annual subscription fee promptly;
- promote a good image of Elmbridge Road Runners and have fun and enjoy yourself.

### **On training nights Members should:**

- stop talking when Club announcements are made so that everyone can hear what is being said;
- make sure you warm up before and cool down after sessions, Run Leaders will encourage this but it is a personal responsibility of all to ensure they are prepared for sessions;
- tell the Run Leader if you have an injury prior to starting or if you pick up an injury during the session and have to leave early;
- select pace/distance groups for Club runs that are consistent with your fitness on the day and your own running standard;
- respect the decision of the Run Leader. If the Run Leader considers the pace/distance group is too demanding for you the Run Leader may ask you to join a different group;
- inform the Run Leader if you intend to leave the run before it finishes (for example, because the route passes your home);
- be responsible for your own safety and the safety of others; warn other runners around you of impending hazards;
- take equal responsibility with those you are running with to ensure that no runners are left behind;
- make sure you are wearing the correct kit for training, for example, fluorescent wear in the dark;
- follow the Highway Code when training and do not take unnecessary risks with traffic;
- with the agreement of the Run Leader, you may be accompanied by your child. Anyone under the age of 18 is a child. Your child remains entirely your responsibility and is never considered to be entrusted to the care of the Club. Your child must run in the

# ELMBRIDGE ROAD RUNNERS

same pace/distance group as you. You must be the parent or carer of any child who runs with you. There will be no exceptions to these rules about children.

**Committee Members should:**

- take an active role in the life of the Club;
- take an active role in the decisions and decision-making process taken by the Committee as a whole whether that is through the Committee WhatsApp group, Committee emails or attendance at Committee meetings;
- not discuss confidential information outside the Committee;
- always abide by any majority decision taken by the Committee;
- undertake any training relevant to their role.

*\* for 2021/2022 season the Safeguarding/ Welfare Officer is Marisa Billett and she can be contacted on [kit@err.club](mailto:kit@err.club)*