


You can fill in this form on your computer by first saving it to your computer, then typing in your details and saving it again. Please then send the saved copy as an attachment on your email to membership@saffronstriders.org.uk. We are unable to accept paper copies.

Section A : Athlete Details (Print please). For completion by the Athlete

First name					Surname					M or F		
Address					Postcode		DOB	dd	mm	yyyy		
email*					Preferred phone no							

*An email address is mandatory

Members must be 16 or over on date of joining

Section B : If Athlete is over 16 but under 18 , Parent or Carer Details (for completion by the Parent or Carer)

First name	of parent/carer		Surname	of parent/carer		Phone		
Address	of parent/carer				Postcode		email*	
Signature	of parent/carer							

Section C: Medical information and or additional support needs. For completion by all Athletes

Please note below any physical or mental medical information that we should be aware of that may affect you when running (e.g. epilepsy, asthma, diabetes, allergies, heart problems, joint problems, blood pressure, anxiety, ongoing injuries etc). Also please note here any issues that may make you less able and in need of additional support (e.g. impaired vision, loss of digits etc). This information may be shared if an accident or incident occurs that requires assistance. **Do NOT leave blank**, write **NONE** if that is the case. If you require medication, such as for asthma, you should always bring it to club events

--	--

Do not leave blank. Please write **NONE** if that is the case

By submitting this form or emailing it to the club I agree that SSRC will not be liable for any injury or illness resulting from my participation in any club activity or event. I understand that participation in this club is entirely at my own risk and I should consult my own doctor if I am suffering from any condition that might make running injurious to my health. I understand that it is for me to decide whether or not I am fit to run and I should not expect a coach or club member to make this decision for me, though they may offer advice. I consent that the medical and support information that I have given may be shared with coaches and other parties who provide the club with assistance and information on health and safety or for the purposes of the delivery of my safe participation in club activity.

Section D: Emergency Contact details for completion by the Athlete

Please complete the boxes below with details of who should be contacted in case of incident/accident

Name		Phone number (Just one please)	
------	--	--------------------------------	--

Section E: Beginners Course Fee for 2022 (Includes 2022/2023 Club Membership)

We do not want to handle any cash or cheques and we request that you pay electronically please. When we get your membership application form we will arrange for England Athletics to email you with instructions on how to pay by card.

As soon as we get your application form and payment, we register you with England Athletics and order your shirt and ICE tags. We have to pay for all of these up front, so if you don't start the course or you drop out for any reason, we are sorry but **there are no refunds** because your payment to us has already been spent.

The 2022 course fee is £60

* If you having difficulty in paying for your fee, would you like to be contacted confidentially by a Club Welfare Officer to see if help is available from our Bursary Fund? If so please put a cross in this box. Alternatively email welfarefemale@saffronstriders.org.uk or welfaremale@saffronstriders.org.uk

--

Section F: Your Shirt (The colour will be Striders Purple)

What name would you like to have printed on the front of your shirt? (Usually your first name or nickname)

--

What size shirt (XS, S, M, L, XL, XXL, XXXL) ?

--

Section F: Helping us

How did you find out about this course?

--

Section G: Agreement. Please just type your name in.

By submitting this form I agree that I will abide by Club Constitution and Rules which can be found on the SSRC website. Also I confirm that I have read and agree to The Code of Conduct for Athletes, Privacy Statement, Insurance Statement and Photography statement found on aa separate document. If you do not have that document please ask for a copy from membership@saffronstriders.org.uk.

Signature of Athlete		Please type your name in the 'Signature' boxes, there is no need to scan a real signature	Date	
----------------------	--	---	------	--

All applicants should email your completed form as an attachment to membership@saffronstriders.org.uk

After completing your form please remember to save it before sending the saved copy as an attachment to your email (to avoid sending a blank). Thanks!