



Want to have a try out with Saffron Striders? You can attend a couple sessions without charge. We run in town from Lord Butler and on traffic free Carver Airfield.

Please complete this form and email it to membership@saffronstriders.org.uk. Our membership officer will then get in touch to tell you what we are doing and where. We do need to know your details in advance, so please wait for acknowledgement of your application before joining us.

If you then want to join the Striders, please download a membership application form from here:

<https://www.saffronstriders.org.uk/downloads/>

Wishing you good running!

Section A : Mandatory Athlete Details - Please complete all fields (for completion by the Athlete)

First Name		Last Name		Male or Female	M/F
Phone		Email			

How did you hear about Striders? (This is very helpful to us - thank you!)

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Section B: Mandatory Medical Information and or Additional Support Needs - Please complete all fields (for completion by the Athlete)

I confirm that to the best of my knowledge that I can undertake physical activity without it being injurious to my health, nor do I have any ailments that will cause my health to be jeopardised by physical activity. The onus is always on me to decide if I am sufficiently healthy to run.

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

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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 C: Emergency Contact Details - Please complete all fields (for completion by the Athlete)

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

Name		Phone	
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Section D: Public and Product Liability Insurance

England Athletics through UKA provide affiliated clubs, including SSRC, and club members with public and product and liability cover. See here <https://www.englandathletics.org/clubs-and-facilities/club-support-services/insurance/> for a summary of the cover and a link to the UKA insurance policy documents. Neither England Athletics nor the Club provides personal liability cover, which is the responsibility of individuals to obtain should they wish. Trialists are insured for a small number of sessions if they have properly completed this form and made the club aware they are a trialist.