



WESTBURY HARRIERS

FOUNDED 1924

President: PETER J. GRIFFIN

Olympic, World, Commonwealth Games, United Kingdom, Great Britain, English, Scottish, Welsh,
Irish and New Zealand International Honours

Supplementary Application – Please Complete a Form for Each Additional Family Member

Your Name: _____ **Date of Birth:** _____ **M/F:** _____

Address: _____ **Telephone:** _____

Post Code: _____ **Email:** _____

Nationality: UK Other - Please Specify: _____

Emergency Contact: Name: _____ Telephone: _____

Interests In which of the following do you take part / want to take part? (please tick any appropriate)

Road Cross-Country Hill and Fell *Track and Field

Do you intend to enter races? Yes No Undecided

* If interested in Track & Field, please complete a membership form for Yate AC - no additional membership fee required

Medical History Tick Yes or No as applicable.

1. Has a doctor ever said you have a heart or blood condition? Yes / No

2. Do you ever feel pain in your chest? Yes / No

3 Do you ever have pain which radiates down an arm/leg Yes / No

4. Do you have dizzy spells? Yes / No

5. Have you high blood pressure? Yes / No

6. Do you have back pain? Yes / No

7. Do you have joint problems that could be aggravated by exercise? Yes / No

8. Are you taking prescribed long-term medication? Yes / No

(Asthmatics should carry their inhaler with them when running).

9. Do you know of any reason why you should not exercise or increase your level of physical activity? Yes / No

10. Have you had recent surgery? Yes / No

If you answered **YES** to any of the above questions or have any doubts about your health, talk to your doctor **BEFORE** you start a running programme. You are advised **NOT** to undertake strenuous exercise when feeling unwell or displaying symptoms of ill health. It is usually rest that the body requires.

Please provide details of any known existing medical conditions and attach to this application form.

Declaration "I hereby declare that I am an amateur according to UK Athletics Competition Rules, that I will abide by these rules, the rules and policies of Westbury Harriers, and that I am medically fit to run."

Signature (parent / guardian if under 18): _____ **Date:** _____

Your rights, obligations and rules of club membership are set out in Westbury Harriers' constitution, copies of which are available on request. Resignation from the club must be made in writing to the club secretary.

Policy on Photography (if you wish to dissent from the following, please let us know in writing)

For athletes under 18, it is our policy not to put any photograph onto a web site without prior verbal consent from both athlete and parent/guardian, except for group photographs (which require approval from a committee member). Since a number of facilities also require consent from *every* competitor before allowing *anyone* to photograph a race, it is our policy that, in signing this membership form, you consent for any member or bona fide supporter of any participating club to photograph the above athlete(s) in any competition. For athletes of 18 and over, we do not seek consent before placing a photograph on the web site, but respect your wishes if requested otherwise.