



# 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

**If joining as a family (maximum of two adults and minimum of one child up to the age of 18), you must complete a supplementary form for each additional person.**

**Your Name:**

**Date of Birth:**

**M/F:**

If joining as a family, number of extra forms being submitted: \_\_\_\_\_

**Address:**

**Telephone:**

Post Code:

**Email:**

Nationality: UK  Other  - Please Specify:

**Emergency Contact:** Name:

Telephone:

**Other Clubs** Are you, or have you been, a member of any other UK Athletics affiliated club? Yes / No

If 'Yes': What is that club's name?

Have you resigned your membership? Yes / No

**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

**Membership Fees** Your first year's membership<sup>#</sup> includes a Westbury Harriers vest – please state size: \_\_\_\_\_

Seniors (over 20): £38  Juniors/Students: £23  \*Family: £53  Yate Members Free   
(Vest extra)

Additional vest (family and Yate members): £13

**Total Fees Enclosed:** \_\_\_\_\_

\* 'Family' membership includes just one vest

<sup>#</sup> Annual renewal does not include a vest, and is correspondingly cheaper

**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.

\* Please answer all questions on Page 2.

## **Committee Use Only**

Proposer \_\_\_\_\_ Seconder \_\_\_\_\_ Chairman \_\_\_\_\_

Supplied: Membership Card  Vest  Date of Election \_\_\_\_\_

Fees to Treasurer  Form to Yate  Applied for MCAA Number

**Return the completed form (Pages 1 & 2) with fees to the Membership Secretary, 10 Thornmead Grove, Brentry, Bristol BS10 6QG or to another committee member.**

**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.**

Westbury Harriers expect adherence to the UK Athletics **Code of Conduct**. As a responsible athlete you will:

- treat others with the same respect and fairness that you wish to receive
- uphold the same values off the field as you do when engaged in athletics
- anticipate your own needs, be organised and on time
- thank those who help you participate in athletics
- inform your coach of any other coaching you are receiving
- show patience with and respect diversity in others
- act with dignity at all times
- notify a responsible adult if you have to go somewhere (why, where and when you will return)
- not respond if someone seeks private information, unrelated to athletics eg. home life
- strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you work
- never accept lifts in cars or invitations into homes on your own or without the prior knowledge and consent of your parent/carer
- use safe transport or travel arrangements
- avoid destructive behaviour and leave athletics venues as you find them
- never engage in any illegal or irresponsible behaviour
- challenge anyone whose behaviour falls below the expected standards of 'Athletics Welfare'
- speak out immediately if anything makes you concerned or uncomfortable (telling your parents/carers and/or the Club Welfare Officer), or if you suspect a club mate has suffered from misconduct by someone else.

**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.

**How Did You Get To Know About Us?** (please tick any that apply)

Internet  Friends  Teacher  Notice board  Leaflet  Press

Other (please indicate): \_\_\_\_\_