CALDICOT RUNNING CLUB
CLWB RHEDEG CIL-Y-COED

Membership and Consent Form

Club membership for 1st April 2026 to 31st March 2027

Name		Date of birth	
Home Address With postcode			
Gender	Male ☐	Female ☐	Non-Binary ☐	Prefer not to say ☐
If you do not specify your gender you will not be eligible for some competitions and/or awards. Some events will require you to specify your gender under relevant competition rules.			
Email address			
Home telephone number		Mobile telephone number	
Are you a member of an existing athletic club ? (Excluding Caldicot Running Club)		Yes ☐ No ☐	
If yes please provide details including club name and your membership number. (Note you can only be a member of a single athletic club, in completing this form you are given permission to transfer to Caldicot Running Club and loose membership to your existing Club.)			

Emergency Contact Details			
Name of Contact		Relationship	
Contact Address		Contact telephone number	
Any medical information that you wish to freely disclose that could be useful in-case of a Clun related medical emergency:- In providing this information you knowingly content to this personal medical information being shared with Club officials , sessions leaders , coaches and first aiders only for Club emergency medical reasons.			

Caldicot Running Club (The Club) take the protection of the data that we hold about you as a member seriously and will do everything possible to ensure that data is collected, stored, processed, maintained, cleansed and retained in accordance with current and future UK data protection legislation.

Please read the full Privacy and Data Protection Policy on the Club Website information carefully to see how The Club will treat the personal information that you provide to us. We will take reasonable care to keep your information secure and to prevent any unauthorised access or disclosure.

Payment for annual membership is required to be paid directly to Welsh Athletics via the portal. ://myathletics.welshathletics.org/.

Caldicot Running Club Membership (Includes Welsh Athletics Membership)			
Adult Membership	£47		

Declaration: I hereby apply for membership of Caldicot Running Club. In accepting membership, the member agrees to abide by the

- Constitution of the Club,
- Health & Safety Policy & Safety Code of Conduct
- Social Media Policy and Guidelines
- Inclusion Policy and Guidelines
- Risk Assessments
- All Club policies and procedures
- Decisions of the Committee.

All members shall abide by the Welsh Athletics Code of Conduct (which can be found here: Code of Conduct for Athletes (welshathletics.org)) https://www.welshathletics.org/en/page/codes-of-conduct
All Club procedure and policies can be found upon the club website at https://caldicotrunningclub.com/
I agree that Caldicot Running Club and/or its sponsors will not be held responsible for any injury, illness, loss or damage to me, or my property, which I sustain in the course of being a member of Caldicot Running Club. I appreciate that running can be a strenuous activity and as such I participate entirely at my own risk, which could result in injury or even death. I will consider my medical health and fitness to participate before undertaking each event and will not participate if I think there is a risk to my health.
I have read and understood my obligations and responsibilities for my health and I provide an informed consent to participate as detailed on page 4 of this application form.

Anti-Doping
By becoming a member of the club, you are automatically agreeing to the codes of practice as stated by Welsh Athletics – this relates to the codes of conduct, to the rules of UK Athletics and to adhere to all anti-doping rules and regulations.
All members shall be deemed to have made him/herself/themselves familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UKA Anti-Doping in the application and enforcement of the Anti Doping rules.
The UKA Anti-Doping rules apply to all members participating in Athletics for a minimum of 12 months from the commencement of membership, whether or not the member of a citizen of, or resident in, the UK.

Photography Consent
I hereby authorise the Caldicot Running Club to use pictures of me (or my child, or person under my care*) taken in a photograph, digital image, video recording and/or testimonial (written words). The undersigned hereby releases Caldicot Running Club all claims, demands, accountings, and causes for which the aforesaid video recordings, testimonial, motion, digital image, or photograph likeness may be used pursuant to this Consent and General Release. It is also my understanding that I will receive no compensation for my likeness or testimonial.
I hereby give my consent for photography, video recording and testimonials to be used for publicity purposes for Caldicot Running Club and to post on social media and websites that are used by the Club

*(To be signed by a parent or guardian if applicant is under 18 years of age)

Name:……

Signature:…….…… Date:.....
Electronic signed pdf copies of this form should be sent to keilagriff74@outlook.com. If you require assistance with this, please contact a Club official for support.

Please note: The information you supply will be included on our club membership list and you will be added to Club social media sites. If you **do not** wish your details to be passed to other Club members and **do not** wish to be included on social media in any form please check the box below.

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Informed Consent Form For Running

Please keep for your records only and not to be returned to the Club.

	Informed Health Questions	Y/N
a)	Have you ever been advised not to take physical exercise?	
b)	Have you ever experienced chest pain during or after exercise?	
c)	Do you ever feel faint, dizzy or lose consciousness?	
d)	Do you have a family history of heart disease?	
e)	Have you recently had surgery of a serious illness?	
f)	Are you taking any medication?	
g)	Are you pregnant or have you recently given birth?	
h)	Do you smoke?	
i)	Do you have high blood pressure or cholesterol level?	
j)	Are you diabetic?	
k)	Are you asthmatic? Do you use an inhaler?	
l)	Do you have any medical conditions or concerns that would prevent you from running ?	

The above questions (a to l) are posed as a prompt to the applicant, Caldciot Running Club does not read, record or store your answers to these questions. Coaches, Run Leaders are not given this information. For GPDR data compliance please do not record answers to these questions on the form is submitted to the Club.

PLEASE READ THIS FORM AND CONSIDER THE ANSWER TO THE QUESTIONS. IF YOU HAVE ANSWERED YES TO ANY OF THE QUESTIONS YOU ARE STRONGLY ADVISED TO CONSULT YOUR GP BEFORE YOU PARTICPATE IN ANY CLUB ACTIVTIES.

Please notify a welfare officer, coach or run leader if you feel you should not do a particular exercise or feel you are not well enough to participate for any reason.

All exercise programs contain certain risks. You are participating of your **own free will**.
If at any time you feel *pain* or *discomfort* you must *stop immediately* and inform the coach or run leader.

If you feel you may have an illness that could be contagious to other Club members, please avoid attending Club events and activities and notify a Welfare Officer, Coach or Run Leader that you will not be able to attend. Medical data is not required to be shared.

Please consider the above before each session and be advised that these activities involve the risk of injury or even death.