**![A picture containing drawing, food

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**Application for *YOU CAN RUN* programme/membership**

**To join our next ‘couch to 5k’ programme, please complete these details and the ‘About you’ form and give them to the *YOU CAN RUN* group leader with your payment.**

You can fill in this form online at eynshamroadrunners.org.uk and also register at <https://groups.runtogether.co.uk/Account/SignUp/>

|  |  |  |
| --- | --- | --- |
| **First name(s):** | **How did you hear about *YOU CAN RUN?*** | |
| **Family name:** | **What would you like to get from the programme?**  Please circle any that apply  Physical fitness Mental fitness  Lose weight Make new friends  Social activities. Other (please say what) | |
| **Address:** |
| **Postcode:** | **Have you been affiliated to an England Athletics running club before?** YES\* / NO | |
| **Phone:** | \***Which club?** | |
| **Email:** | \***Have you resigned from that club?** YES/ NO\* | |
| **Sex:** | \***Would you like Eynsham Roadrunners to be your second claim club?** YES/ NO | |
| \***Date of birth** (DD/MM/YYYY) | **Would you like to join the Eynsham Roadrunners club email list?** YES\* / NO | |
| **Declarations:** Before you sign this form, please read the declarations overleaf about health and use of your personal information. By signing below, you agree to comply with the rules, policies and procedures of the Club. | | |
| **Signature:**  (or your parent/guardian if you’re under 18) | | **Date:** |

Feel fit – new friends – be happy

**Declarations:**

**Health**

I declare that I am medically fit to run, and understand that I join at my own risk. The officials and committee of Eynsham Roadrunners shall not be held responsible for any injury, loss or damage that results from my participation in *YOU CAN RUN* or my membership of the Club.

**Status**

I declare that I am an amateur as defined by the rules of UK Athletics. I confirm that I have read the policies, rules and procedures of the Club and I undertake to comply with them and with any revision as adopted by the committee from time to time.

**My personal information**

I consent to Eynsham Roadrunners holding my personal information for the purposes of *YOU CAN RUN* and any club membership.

By ticking the box below I also consent to the Club passing my details to England Athletics to access the *MyAthletics* portal and enable me to compete for the club.

For more details about England Athletics’ use of personal information, see <https://www.englandathletics.org/clubs-and-facilities/club-support-services/gdpr-and-data-protection-advice/> or contact [dataprotection@englandathletics.org](mailto:dataprotection@englandathletics.org)

If you do not tick the box above, but later decide to compete for the Club, we will need to register you with England Athletics and will inform you at that time.

About you

**Please tell us a bit about yourself, so we can tailor the programme to your needs and help you stay safe.**

Just answer the questions below and return the form to your *YOU CAN RUN*  group leader. You can fill in this form online at eynshamroadrunners.org.uk

|  |  |  |
| --- | --- | --- |
| **First name:** |  | |
| **Family name:** | **Do you have any health issues we should know about?** YES\* / NO | |
| **Address:** | \***Please tell us about your health issues** | |
| **Postcode:** | **Have you done running before?** YES\* / NO | |
| **Phone:** | \***How far/how often?** | |
| **Email:** | **Do you do other exercise?** YES\* / NO | |
| **Date of birth:** | \***What and how often?** | |
| **Sex:** | **Do you take any medication?** YES\* / NO | |
| **Emergency contact:**  (someone we can contact in case of a problem)  Name:  Relationship to you:  Phone:  Mobile:  Email:  Address (if different to yours); | \***What and how often?** | |
| **Do you suffer from any of the following?**  Please circle any that apply  Diabetes Heart problems Angina  Asthma Joint problems Back pain  High blood pressure Other (please say what below) | |
| **Signed:**  (or your parent/guardian if you’re under 18) | | **Date:** |

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**Paying for *YOU CAN RUN* programme/membership**

**You can pay for the ten-week programme in one lump sum, or pay-as-you-go for each session.**

If you pay for the full programme in one go and also pay the Club’s joining fee, we’ll give you free membership of Eynsham Roadrunners for the current year.

**2020 rates**

Full ten-week programme £25.00

Pay-as-you-go £3.00 per session

Club joining fee £18.00 (includes England Athletics registration and Club vest/t-shirt)

Please make all payments by BACS to:

**Eynsham Roadrunners**

sort code: **30-19-83**

account number: **14040668**

**Anything else?**

Please tell us below about anything else you feel we should know for your application.