



Membership / Induction / Health Declaration Form

Membership No:

Members enjoyment, development, safety and welfare is very importance to us at Hengoed Harriers, so please be assured that we will do everything we can to make your time with us as enjoyable as possible.

Privacy & Data Protection: "When you become a member of or renew your membership with Hengoed Harriers you will automatically be registered as a member of Welsh Athletics. We will provide Welsh Athletics with your personal data which they will use to enable access to an online portal for you (called myATHLETICS). Welsh Athletics will contact you to invite you to sign into and update your MyATHLETICS portal (which, amongst other things, allows you to set and amend your privacy settings)".

FIRST NAME;		SURNAME;	
GENDER;	MALE FEMALE	ADDRESS;	
DATE OF BIRTH;			
TELEPHONE;			
EMAIL;			
POSTCODE;			
N.O.K / EMERGENCY CONTACT DETAILS;			
NAME;		CONTACT NUMBER;	
RELATIONSHIP TO MEMBER;	MUM DAD BROTHER SISTER HUSBAND WIFE PARTNER OTHER (PLEASE SPECIFY);		

Health Questionnaire

Please read the following questions carefully and answer each one honestly by circling **your selected answers**. Please take your time and make sure you understand each question before answering. If you have any questions, please ask for advice.

Has your doctor ever told you not to exercise? Yes No
If "yes" please give details of reasoning;.....

Have you had any hospital treatment in the last 12 months? Yes No
If "yes" please give details.....

Are you currently taking any medication (Prescribed or otherwise)? Yes No
If "yes" please give details.....

Do you consider yourself to have a disability? Yes No
If "yes" please give details.....

How often do you do physical activity? **Daily | More than once a week | Once a week | Monthly | Not at all**

I understand that if I have answered "Yes" to one or more of the above questions, I will be asked for further information before attending a physical activity session. I agree to tell HH if there is a change in my medical condition. I understand that I participate in physical activity sessions at my own risk.

Signed:..... Date:.....



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Do you have membership with any other sports clubs? Yes No
If yes, please advise which discipline below: (circle relevant field)

Track/Field | Road Running | Trail/Fell running | Cross Country| Gym| Rugby| Football | other: please specify.....

Do you give your consent for photographs/videos to be taken and used by Hengoed Harriers for publicity & promotional purposes? Yes No

Membership Fees

To become a member of Hengoed Harriers, you will need to complete this application form and pay the annual fee of **£20 per member**.

The fee includes coached training sessions, coaches advise and your registration fees to Welsh Athletics (Including Insurance).

The fee can either be paid in cash/cheque at a training session, or you can pay online into to our club bank account.

Bank Details: Acc No: 55910268 Sort code: 30-98-97

This application is for (Please circle one): **New Membership** | **Renewal**

Running Tops can be purchased for an extra **£15** please indicate your preference:

Please indicate **Vest** or **Tshirt** size: **Small | Medium | Large | XL | XXL | Other: please specify.....**

Aspirations - Please tell us if you have any aspirations or goals, this will help us guide and help you:

I would like to join a running club because: **I want to run further | Weight Loss | Keep Fit | Social Aspect | Competition | Meet likeminded people and have fun | Be at one with nature and my surroundings | Other Please provide details for the chosen section:**

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DECLARATION

The club is affiliated to Welsh Athletics, and is governed by their rules and regulations.

I wish to become a member of Hengoed Harriers, and agree to be bound by the clubs rules and constitution- (and as stated by Welsh Athletics).

Signed:..... Date:.....

Return Completed forms and hand it to the coaching staff _____

Date rcvd:..... Membership no:.....

The Committee at Hengoed Harriers would like to welcome you to the club and hope that you have a very enjoyable time with us.