



# Social Membership / Induction / Health Declaration Form

WA 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 taking **social membership** with Hengoed Harriers you will have already been registered through another running club as a member of Welsh Athletics. Welsh Athletics will have already been sent 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)".

<b>FIRST NAME;</b>		<b>SURNAME;</b>	
<b>GENDER;</b>	MALE   FEMALE	<b>ADDRESS;</b>	
<b>DATE OF BIRTH;</b>			
<b>TELEPHONE;</b>			
<b>EMAIL;</b>			
<b>POSTCODE;</b>			
<b>N.O.K / EMERGENCY CONTACT DETAILS;</b>			
<b>NAME;</b>		<b>CONTACT NUMBER;</b>	
<b>RELATIONSHIP TO MEMBER;</b>	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 and club name below: (circle relevant field)

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

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 social member of Hengoed Harriers, you will need to complete this application form and pay the annual fee of **£5 per member** (Only applies to Runners affiliated to another WA Registered Club)

The fee includes coached training sessions, coaches advice, technical session and occasionally cake 😊.

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 Social Membership** | **Renewal**

Running Tops can be purchased for extra - please indicate your preference:  
**Camo £15 | Dragon Tshirt £21 | Dragon Vest £19.50 | Hoodies £22**

Please indicate 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 social 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:.....

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