

Widnes Running Club – Membership Form

Membership Fees –2018/2019 Season (Memberships will run to 31/03/19)

- First Claim (UKA not paid elsewhere) - £27 (£12 to Wids, £15 to UKA)
- First Claim (UKA paid elsewhere) - £12 (All to Wids)
- Second Claim/Social Member - £12 (All to Wids)

- All fees above are for waged members, for concessions (Students, OAPs) reduce fees to £10

This form should be returned to the committee either by email (widnesrunningclub@gmail.com) or on a club night, along with a cheque, cash or confirmation of your payment having been made via to the club bank account.

Club Account: Sort Code 30-95-96, Account: 19682160 – Remember to include your name in the reference

<u>Runner Details</u>	
Full Name	
Address incl. postcode	
Date of Birth	
Phone	
Email address	
Previous Club and Date of Resignation (If applicable)	
UKA Change of Club process completed (If appropriate - Google "UKA Change of Club if you are unsure)	
<u>Emergency Contact</u>	
Name	
Phone Number	
Relationship	
<u>Medical Information</u>	
Please give details of any pre-existing medical conditions?	
Payment Method (Cheque/Cash/Online Payment)	
Category of Membership/Amount Due (See above)	
I have read and will follow the Club Code of Conduct (overleaf)	
DATE:	

Club Code Of Conduct

Widnes Running Club is committed to safeguarding and promoting the welfare of all members and expects all involved with the club, in whatever capacity, to share this commitment.

As a responsible Athletics Club our committee and members will:

- Adopt national welfare policies and procedures as necessary, adhere to our Code of Conduct and respond to any suspected breaches in accordance with UK Athletics Welfare Procedures.
- Require members to agree to follow this Code of Conduct as a requirement of annual club membership.
- Appoint a Welfare Officer and ensure that they are provided with appropriate training to act as a first point of contact for concerns about welfare issues.
- Ensure that all coaches operating within the club environment hold the appropriate coaching qualifications/licences and have undertaken an Enhanced DBS (previously CRB) check.
- Ensure that coaches, technical officials and club officers attend recommended training in welfare as appropriate.
- Liaise appropriately/as necessary with members, officials, coaches, national governing bodies and other relevant people/organisations to ensure that good practice within our club is maintained.
- Ensure that club coaches, officers and members always act responsibly and set an example to others, be that at club training, meetings, social events or events where you are entered as a Widnes Running Club athlete or wearing club kit.
- Always refrain from airing their grievances towards other members at training, events, on all Social Media Websites, and at Club Social gatherings, any grievances witnessed are required to inform the Club Secretary or Welfare Officer at the earliest moment available.
- Respect the rights, dignity and worth of every club member and others involved in athletics and treat everyone with equal regard.
- Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances.
- Avoid swearing and abusive language and irresponsible behaviour, including behaviour that is dangerous to self and others, acts of violence, bullying, harassment and physical and sexual abuse, and challenge inappropriate behaviour and language by others.
- Challenge inappropriate behaviour and language by others and ensure that concerns are communicated to welfare and club officers.
- Place the welfare and safety of the athlete above other considerations including the development of performance.
- Report any suspected misconduct by club officials, coaches, technical officials or other people involved in athletics to the club Welfare Officer, Chairperson and Secretary and report concerns to the appropriate body/organisation, if necessary.
- Encourage all those involved with the club in whatever capacity, to remain vigilant to breaches of this Code of Conduct and report any concerns immediately.

Code of Conduct for Coaches

As responsible Athletics Coaches at Widnes Running Club we will:

- Respect the rights, worth and dignity of every athlete and treat all with equal regard,
- Place the safety and welfare of athletes above the development of performance.
- Be appropriately qualified and update qualifications as and when required by UKA and adhere to the terms of the coaching licence.
- Undertake an Enhanced DBS disclosure and agree to a record of disclosure number/date being held.
- Ensure that activities are appropriate to the experience and ability of the athlete.
- Never try to recruit (overtly or covertly) athletes who are already receiving coaching. Any requests must be referred immediately to the coach currently providing support.
- Co-operate fully with others involved in athletics including other coaches, officers, medical personnel, officials and representatives of the governing body, in the best interests of the athlete.
- Be aware that attitude and behaviour directly affects the behaviour of athletes under our supervision.
- Never engage in any inappropriate or illegal behaviour. Avoid critical language or actions, such as sarcasm, which could undermine an athlete's self esteem.
- Always explain why and ask for consent before touching an athlete
- Report any accidental injury, distress, misunderstanding or misinterpretation to club Welfare Officers as soon as possible. Report any suspected misconduct by other coaches or other people involved in athletics to the Club Regional, National or UKA Welfare Officer as soon as possible.

Last Updated 2nd April 2018