



MEMBERSHIP FORM

Junior Members (Under 18) – 2023

Welcome to Loughton AC! We run for fun and look forward to having you as a member.

Find out more at LoughtonAC.org.uk. Please complete this form carefully and return to Jon Whitehouse at jon@jonwhitehouse.org.uk or 7 St Johns Road, Epping CM16 5DN.

SECTION A: ENTER MEMBER'S DETAILS			
First name	Last name		
Address		Postcode	
Date of birth	Please tick		Female <input type="checkbox"/>
County / country of birth <i>e.g. Essex, London, France</i>		Male <input type="checkbox"/>	
		Other (e.g. non-binary) <input type="checkbox"/>	

Parent / carer details

First name	Last name		
Address (if different from above)		Postcode	
Telephone	Mobile		
Email			

SECTION B: CHOOSE A MEMBERSHIP OPTION			✓
1) Junior membership <i>Provides access to training sessions, advice and encouragement, free entry to internal club competitions and local league races. Suitable for most members.</i>	£30 £2.50 per month	<input type="checkbox"/>	
2) Junior membership with England Athletics affiliation <i>Suitable for those who plan to race and compete in championships and high-level competitions. Ask if you think this applies to you / your child. More information at englandathletics.org/athletics-and-running/athlete-registration/benefits-of-registration/</i>	£47 £3.92 per month	<input type="checkbox"/>	

Pay by bank transfer (preferred) or by cheque made payable to 'Loughton Athletic Club'

Account number	70545147	Account name	Loughton Athletic Club
Sort code	40-30-25	Reference	SUB_----- [YOURNAME]

SECTION C: ENTER UP TO TWO EMERGENCY CONTACTS

Whom should we contact if there is an incident or accident?

Name #1	
Contact no(s)	Relationship
Name #2	
Contact no(s)	Relationship

SECTION D: HEALTH AND MEDICAL INFORMATION

Please tell us about any important health or medical information that our leaders or coaches should be aware of. This will help us support you during club activity or any emergency

Any specific medical conditions? (e.g. epilepsy, asthma, diabetes)	YES <input type="checkbox"/> NO <input type="checkbox"/>
<i>If YES please give details including details of medication required (e.g. pills, inhaler, diabetes):</i>	
Are there any health conditions that might prevent you / your child from taking part in training? <i>If YES please give details:</i>	YES <input type="checkbox"/> NO <input type="checkbox"/>
Do you / your child have any allergies? <i>If YES please give details:</i>	YES <input type="checkbox"/> NO <input type="checkbox"/>

SECTION E: ADDITIONAL SUPPORT

Please tell us about any additional support you / your child may require. If you are disabled, please include any relevant information here:

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I consent to my child’s personal data provided in sections C, D and E above to be shared with relevant club personnel for the purpose of the delivery of my safe participation in club activity. This data will not be shared or processed for any other purpose.

YES

SECTION F: PHOTOGRAPHY AND VIDEO CONSENT

We like to use positive images of members taking part in club activities to promote the club and inspire others. We recognise the need to ensure the welfare and safety of members. We will not permit photographs, video or other images of club members without consent. For children under 18, consent must be provided by their parent or carer.

Loughton AC will take all possible steps to ensure images are used solely for the purposes they are intended. If you become aware that images are being used inappropriately you should inform the Club Welfare Officer (Nadine Holland) or any other club officer immediately. You may request the removal of specific photos even after giving consent below.

I give permission for my child's photograph/video to be used by the club for display purposes, in printed publications, on the club's website and social media pages and for training or analysis purposes (select one checkbox). YES NO

SECTION G: PRIVACY STATEMENT and COMMUNICATION PREFERENCES

Loughton AC takes the protection of the data that we hold 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. Our privacy notice at [LoughtonAC.org.uk/policies](https://loughtonac.org.uk/policies) explains how we 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.

Certain information is stored on the Spond application which we use to share information about races and training sessions. You can read the Spond privacy statement at <https://spond.com/privacy>.

When you become a member of or renew your membership with Loughton AC you can choose to be registered as a member of England Athletics. If you choose England Athletics affiliation we will provide England Athletics with your personal data which they will use to enable access to an online portal for you called myAthletics. England Athletics will contact you to invite you to sign into and update MyAthletics. Amongst other things this allows you to set and amend your privacy settings. If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics, please contact dataprotection@englandathletics.org.

I am happy to receive club information using the details in section A (select to agree):

By email

By SMS (text message)

By WhatsApp

SECTION H: DECLARATION AND SIGNATURE

By completing this form, I confirm that I have read and agree to abide by:



The club's rules, available at [LoughtonAC.org.uk/policies](https://loughtonac.org.uk/policies)

The Codes of Conduct for parents / carers (see page 5)

I confirm that my child is aware of the code of conduct for children and young athletes and its anti-bullying policy (see page 6)

Signed by

Date

While Loughton Athletic Club, the club coaches and run leaders make every effort to ensure safety, due to the nature of road, track and trail running there are inherent risks. By signing this form you acknowledge and accept those risks.

SECTION I: VOLUNTEERING

Our club is run by volunteers, and we are always looking for new people to support club activity. We provide training and support for all volunteers. If you are interested in volunteering, please tell us by completing the information below.

Are you interested in volunteering at Loughton AC? YES NO

Which of these roles interest you (tick all that apply)

- | | |
|---|--|
| Coaching adults <input type="checkbox"/> | Serving on the committee <input type="checkbox"/> |
| Coaching children <input type="checkbox"/> | Marketing & communications <input type="checkbox"/> |
| Helping at training sessions <input type="checkbox"/> | Welfare and safeguarding <input type="checkbox"/> |
| Marshalling at a race <input type="checkbox"/> | Clubhouse management or maintenance <input type="checkbox"/> |
| Officiating (e.g. timekeeping, track or field judge) <input type="checkbox"/> | Unsure but want to do something <input type="checkbox"/> |

What do you do for a day job (if applicable):

Any other skills or experience you can share with us?

FIND OUT MORE

Please contact one of the committee or run leaders if you have any questions

- **Mary Knapman** **Athletics Coach / Young Athletes / Team Manager**
marykateknapman@hotmail.com
- **Jon Whitehouse** **Membership Secretary / Coach in Running Fitness / Team Manager**
07854 851628 / jon@jonwhitehouse.org.uk
- **Mary Johnson** **Club Secretary / Return to Running Group**
maryjohnson576@aol.com
- **Alan Fricker** **Fixtures Secretary**
alan.fricker@outlook.com
- **Nadine Holland** **Welfare Officer**
07790 025340 / nadineholland.home@gmail.com
- **Tony Maycraft** **Chair / Run Leader**
020 8508 4407 / tony.maycraft@talktalk.net

UKA CODE OF CONDUCT: PARENTS / CARERS

As a responsible parent/carer of an athlete aged under 18, I will:

- abide by the [UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures](#)
- abide by the [UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures](#)
- demonstrate respectful behaviour at all times
- set a good example and encourage my child to learn the rules of the sport and compete within them at all times
- help my child to recognise good performance and not just results
- make athletics fun
- never force my child to take part in sport if they do not want to
- never punish or belittle my child for losing or making mistakes
- use correct and appropriate language at all times
- check the qualifications and licences of people who are coaching or managing my child, or offering a service connected to athletics such as physiotherapy, massage or nutritional advice
- know exactly where my child will be and who they will be with at all times
- assume responsibility for safe transportation of my child to and from training and competition
- return any necessary written consent forms to the club/team manager or appropriate person, including next of kin details, health and medical requirements before my child goes to any away events or trips
- provide any necessary medical information and medication that my child needs for training or trips away
- report any concerns about my child's (or any other child's) welfare to the Club Welfare Officer or National Welfare Officer. (This does not affect your right to contact your local Social Services or the Police if you feel it is necessary)
- in no way undermine, put down or belittle athletes, coaches or practitioners.

GOOD SPECTATOR BEHAVIOUR

- I understand that inappropriate pressure on children and poor behaviour of adult spectators can sometimes make children drop out of sport. I accept that this code promotes good spectator behaviour, and understand that if I verbally abuse children, coaches or officials, action will be taken.

BREACH OF THE CODE OF CONDUCT

I understand that if I do not follow the code, action can be taken by my club and I may:

- be asked to apologise for my behaviour
- receive a verbal or written warning from the club committee/HCAF
- be suspended from attending club training sessions and events
- be suspended from the club
- be required to leave the club.

Source: uka.org.uk/wp-content/uploads/2021/07/codes-of-conduct-booklet.pdf

UKA CODE OF CONDUCT: CHILDREN AND YOUNG PEOPLE

As a child or young person under 18 years, I have the right to:

- be safe and protected
- be listened to
- be respected and treated fairly
- be believed
- ask for help
- be coached by someone who has the right qualifications.

As a young athlete, I will respect the code of conduct and I will:

- be friendly and supportive to other athletes
- keep myself safe
- tell my coach if I am ill or injured
- report inappropriate behaviour or risky situations to an adult
- compete fairly and respect other athletes and officials
- respect the rules of my club
- behave and listen to all instructions from my coach and officials
- take care of equipment owned or provided by the club or training facility
- not use bad language or take part in inappropriate or illegal behaviour
- not bully anyone or pressure them to do things they do not want to, including online
- in no way undermine, put down or belittle other athletes, coaches or practitioners
- keep to agreed timings for all club activities
- tell my parents/carers where I am or if I'm going to be late
- not use my mobile phone during training, competitions or in changing rooms
- not carry or consume alcohol or illegal substances while training or competing in athletics
- use safe transport or travel arrangements.

BREACH OF THE CODE OF CONDUCT

I understand that if I do not follow the code, action can be taken by my club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from my coach
- receive a verbal or written warning from the club committee
- be suspended from attending club training sessions
- be suspended or required to leave the club.
- Additionally, my club will always tell my parents/carers if I breach the code of conduct.

Source: [uka.org.uk/wp-content/uploads/2021/07/codes-of-conduct-booklet.pdf](https://www.uka.org.uk/wp-content/uploads/2021/07/codes-of-conduct-booklet.pdf)