



# MEMBERSHIP FORM

## Senior Members (18+) – 2023

Welcome to Loughton AC! We look forward to having you as a member.

Our club is a family-friendly running and athletic club for all ages and abilities which offers regular training and competition for those who want it. Find out more at [LoughtonAC.org.uk](http://LoughtonAC.org.uk). Please complete this form carefully and return to Jon Whitehouse at [jon@jonwhitehouse.org.uk](mailto:jon@jonwhitehouse.org.uk) or 7 St Johns Road, Epping CM16 5DN.

SECTION A: ENTER YOUR DETAILS			
First name	Last name		
Address		Postcode	
Telephone	Mobile		
Email			
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"/>

SECTION B: CHOOSE A MEMBERSHIP OPTION			✓
<b>1) Full adult membership with England Athletics affiliation</b> <i>Includes free entry to most championships, £2 discount on many commercial races and <a href="#">other benefits</a>. Recommended for those who want to race and compete in team competitions</i>	<b>£61</b>	<input type="checkbox"/>	
	£5.08 <i>per month</i>		
<b>2) Basic adult membership, no England Athletics affiliation</b> <i>Provides access to <a href="#">training sessions</a>, advice and encouragement, free entry to internal club competitions and local cross-country leagues</i>	<b>£44</b>	<input type="checkbox"/>	
	£3.67 <i>per month</i>		
<b>3) Second claim membership</b> <i>For members of other clubs who wish to train with LAC or compete in specific competitions</i>	<b>£22</b>	<input type="checkbox"/>	
Name of 1 <sup>st</sup> claim club			
EA registration no			
<b>4) Social membership</b> <i>For those who wish to support the club but not take part in training or competition</i>	<b>£6</b>	<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)	<b>YES / NO</b>
<i>If YES please give details:</i>	
 <i>Details of medication required (e.g. pills, inhaler, diabetes):</i>	
Are there any health conditions that might prevent you from taking part in training? <i>If YES please give details:</i>	<b>YES / NO</b>
Do you have any allergies? <i>If YES please give details:</i>	<b>YES / NO</b>

**SECTION E: ADDITIONAL SUPPORT**

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

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**I consent to my 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 16, 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 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** **YES / NO**

## SECTION G: PRIVACY STATEMENT and COMMUNICATION PREFERENCES

Loughton AC takes the protection of the data that we hold about you as a member 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. You can read our privacy notice at [LoughtonAC.org.uk/policies](https://LoughtonAC.org.uk/policies).

Our privacy notice 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 (*full adult membership with England Athletics affiliation* in section B above).

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](mailto:dataprotection@englandathletics.org).

**I am happy to receive club information using the details in section A:**

	<input checked="" type="checkbox"/>
<b>By email</b>	<input type="checkbox"/>
<b>By SMS (text message)</b>	<input type="checkbox"/>
<b>By WhatsApp</b>	<input type="checkbox"/>

## 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 Code of Conduct for senior athletes** (see page 5)

Signature

Name

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: SENIOR ATHLETES

As a responsible athlete, 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](#)
- respect the rights of every athlete, coach, technical official and others involved in athletics and treat everyone equitably
- uphold the same sporting values away from sport as I do when I am engaged in athletics
- participate within the rules of the sport, respect decisions of coaches and officials, and demonstrate respect towards fellow athletes
- cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in my best interests and those of other athletes
- consistently promote positive aspects of the sport and never condone rule violations or the use of prohibited substances
- anticipate and be responsible for my own needs, including being organised, having the appropriate equipment and being on time
- inform my coach of any other coaching that I am seeking or receiving
- act with dignity and display courtesy and good manners towards others
- in no way undermine, put down or belittle other athletes, coaches or practitioners
- avoid swearing and abusive language whilst in athletic venues, at club functions and events, or when as part of a team/squad
- never engage in any inappropriate or illegal behaviour
- challenge and report inappropriate behaviour and language by others
- not misuse or abuse sporting equipment and venues
- not carry or consume alcohol or illegal substances while training or competing in athletics
- maintain strict boundaries between friendship and intimacy with a coach or official
- use safe transport or travel arrangements
- act ethically, professionally and with integrity, and take responsibility for your actions.

## 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 from the club
- be required to leave the club.

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