

# LASSWADE ATHLETICS CLUB



## MEMBERSHIP FORM

I hereby apply for membership of Lasswade Athletics Club and agree to abide by all the rules of the club and of any relevant body which it may join in order to pursue athletics. Please refer to the club website to view the Club Privacy Policy and Code of Conduct documents: <http://www.lasswade-ac.org.uk>.

Name.....Please Print Date of Birth...../...../.....

( Please delete as appropriate Male/Female )

Address.....Please Print

Town/City.....Please Print Postcode.....

Telephone No..... Mobile No.....

Email Address.....Please Print  
(For distribution of relevant information relating to Lasswade Athletics Club only)

Scottish Athletics No (if known)...SA..... Renewal Date...../...../.....

### MEMBERSHIP FEES

9Years old to Under 21 = £25.00

21 Years Old to Under 65 = £35.00

65 and Over = £15.00

I understand that a charge of £2 on Monday and Thursday training nights will be made and this shall not increase unless decided at the AGM of Lasswade Athletics Club.

Please advise of any health problems including asthmatic conditions or allergies.....

.....Please Print.....

If you use a Beta 2 Agonist inhaler (e.g. Ventolin or Bricanyl) tick here (you will be required to fill in a UKA inhaler users form). ☐

(If you are a Member of any other Athletics Club tick the box) Club Name..... ☐

Emergency Contact.....Please Print Relationship.....

Telephone No..... Mobile No.....

If you **agree** to Lasswade Athletics Club using photographic equipment (including video cameras) for training purposes or to the use of athletes' photographs/ video recordings to enhance the profile of the club via the website or as part of club advertisements please tick here. ☐

It would be really appreciated if parents of junior athletes would agree to volunteer for the club for a Minimum of five hours a year, if you are unable to commit to this, please tick the box. ☐

### PLEASE RETURN THIS FORM WITH THE APPROPRIATE CHEQUE / CASH TO YOUR CLUB COACH

(cheques made payable to Lasswade Athletics Club)

#### Below: Lasswade AC official Use only

Date Received...../...../..... Amount.....£..... Cash/Cheque

Date Sent To SAL...../...../..... Database No..... Cheque No.....

Age Group.....U...../.....Senior..... Renewal Date...../...../ 20..... Bank Name.....

## Athletics Welfare Policy and Procedures

# LASSWADE ATHLETICS CLUB



## Code of Conduct for Athletes

### As a responsible athlete you will:

- Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally.
- Uphold the same values of sportsmanship off the field as you do when engaged in athletics
- 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 the best interests of the yourself and other athletes
- 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
- Anticipate and be responsible for your own needs including being organised, having the appropriate equipment and being on time
- Inform your coach of any other coaching that you are seeking or receiving
- Always thank the coaches and officials who enable you to participate in athletics

### As a responsible Athlete, when participating in or attending any athletics activities, including training/coaching sessions and competition events you will:

- Act with dignity and display courtesy and good manners towards others
- Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse • Challenge inappropriate behaviour and language by others
- Never engage in any inappropriate or illegal behaviour
- Avoid destructive behaviour and leave athletics venues as you find them
- Not carry or consume alcohol to excess and/or illegal substances.
- Avoid carrying any items that could be dangerous to yourself or others excluding athletics equipment used in the course of your athletics activity

### In addition, athletes, especially young athletes and vulnerable adults, should follow these guidelines on safe participation in athletics

- Notify a responsible adult if you have to go somewhere (why, where and when you will return)
- Do not respond if someone seeks private information unrelated to athletics such as personal information, home life information
- Strictly maintain boundaries between friendship and intimacy with a coach or technical official
- I • Never accept lifts in cars or invitations into homes on your own without the prior knowledge and consent of your parent/carer
- Use safe transport or travel arrangements
- Report any accidental injury, distress, misunderstanding or misinterpretation to your parents/carers and club Welfare officer as soon as possible.
- Report any suspected misconduct by coaches or other people involved in athletics to the club welfare officer as soon as possible

Signed: .....

Date: .....

Signed: .....

Date: .....

( to be countersigned by parent / guardian if applicant is under 16 )