

# Membership Application

Senior (18+) form  
Please use separate form for Juniors



## Membership period from 1st April 2022 – 31st March 2023

Welcome to Bude RATs Run and Tri Club (Bude Rats)

If you would like to become a member (or renew an existing membership) please complete this form and email to karenmbolt@btinternet.com or post to: Carleton Farmhouse, Marshgate, Camelford, PL32 9YN. Tel: 07807 497448.

### Membership Details

Title: \_\_\_\_\_ Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Membership Status (please tick one)  NEW MEMBER  RENEWAL

Name by which you would like to be called: \_\_\_\_\_ Date of Birth:

Email: \_\_\_\_\_ Gender: (please tick one)  MALE  FEMALE

Address: \_\_\_\_\_

Home Phone : \_\_\_\_\_ Mobile: \_\_\_\_\_

Emergency Contact Tel: \_\_\_\_\_ Contact Name: \_\_\_\_\_

**In Case of Emergency** details need to be carried with you on all Club Runs

### English Athletics & ARC Affiliation

Bude RATs is affiliated to England Athletics and ARC (Association of Running Clubs). Bude RATs recommends you register, enabling the club to receive a club place in the London Marathon along with the individual benefits for you as a runner. 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 your MyAthletics portal (which, amongst other things, 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).

Please note that if you are already registered with England Athletics via another club as your First Claim club, for Bude RATs to become your First Claim club you must first resign from that club and complete the England Athletics transfer process.

### Declaration

I declare that I am an amateur and agree to be bound by the rules of UK Athletics and also the rules of Bude Run and Tri Club (Bude RATs), the Club Constitution and the Club Policies. Acceptance for membership in no way makes Bude RATs liable for illness, accident, injury or loss howsoever caused. In accordance with the EA Health and Safety Guidelines please let us know of any relevant health conditions.

By completing this form you are hereby giving Bude RATs permission to retain your personal details, share information with England Athletics, the NHS Track and Trace scheme or similar, to be used in emergencies and be able to contact you with relevant information regarding this club but otherwise will not be shared with any third parties.

MEMBERSHIP FEE (to be paid online) Sort Code: 20-04-59 Account: 23474135 using your name as reference.

Fee Paid:  **£28** Bude RATs plus EA membership OR  **£12** Bude RATs

Signature: \_\_\_\_\_ Date:

# ***Health & Safety Guidelines for Bude Rats***

## **Club Responsibility**

*As far as possible, the Club will aim to protect the health and safety of all members engaged in Club training and participating in Club competition. The club will do this by:*

- Having runs led by a qualified run leader
- Ensuring support and access to training for run leaders
- Ensuring risk assessments are prepared and updated for club runs and events
- Making sure that a Run Director is appointed and all correct Health and Safety procedures are carried out for the two club races.

## **Run Leader Responsibility**

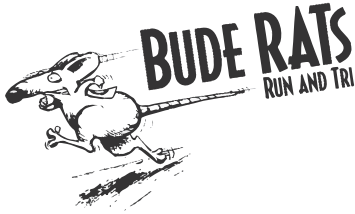
*On club runs this will be done by:*

- Routes will be planned as appropriate to time of year, weather conditions and the ability of the group
- Run leaders will always carry a phone in case of emergency
- Manage any incidents that occur on a run
- Report any incidents to the committee so that any response or adjustments to practice can be made
- Check that all runners in the group have safely finished the run.

## **Member Responsibility**

*It is individual members' responsibility to do the following before participating in club runs:*

- Be familiar with and comply with Bude Rats risk assessments and pre run questionnaire
- Always carry ICE (In Case of Emergency) details on club runs
- Make sure Run Leaders are aware of any medical conditions that could impact on your performance
- Not to run if medically advised not to participate
- Always wear appropriate clothing – this includes footwear if going off road and fluorescent clothing and head torches in the winter period
- To follow the instructions of the run leader including looping if asked to do so.



## **Bude Rats Pre-return to Club Health Questionnaire 2022**

Club members need to complete and return this form before attending a session of Bude Rats. You will only need to complete the form once (unless the guidance changes in which case you will be contacted). Please return the form electronically to: **marylsteyn@gmail.com**

I agree that I have read the Bude Rats Risk Assessment and agree to abide by it.

1. That you will not attend training if you, anyone in your household or a close contact has tested positive for Covid for a period of time in line with current government guidance on self isolation
2. That you will not attend training if you have displayed any of these symptoms until you have taken a test and are sure you do not have Covid:
  - High temperature or fever
  - A new continuous cough? New cough means a cough you've not had before or if you usually have a cough it's got worse. Continuous means coughing a lot more for more than an hour or 3 or more coughing episodes in 24 hours.
  - A new loss of or change to your sense of taste or smell
  - If anybody in your household have a high temperature (fever), a new continuous cough or a change in their sense of smell or taste.
3. That you should not attend training if you are self-isolating or quarantining.
4. That if you have been advised not to take part in physical activity or group activity as a result of any medical reason you agree not to attend training.
5. That you will not attend training if you have any known injury that could mean you are likely to require first aid.
6. That you agree to your name and contact details being passed on to the NHS track and trace service if required.

**Finally if you are in any doubt as to whether you should attend training for health reasons please consider the health and welfare of other members and do not attend.**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Print name:** \_\_\_\_\_

## Risk Assessment: Running in groups of maximum 12 as Club runs restart in a Covid secure environment.

Date:	Assessed by:	Location :	Review :
12 / 09 /20	Phil Aldis	Bude Rats	11/01/22

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Spreading Covid-19 before running	Any runners	Organisers of runs to be familiar with current NHS guidance on Covid-19 and EA guidance for runners and coaches.	M	<ul style="list-style-type: none"> <li>Runners to return pre-run questionnaire before joining club runs.</li> <li>Runners must pre book slots via Facebook messenger group to ensure details are available for NHS track and trace.</li> <li>Runners not to attend if they have any symptoms but to stay at home and isolate in accordance with current guidance or if they, or a member of their household, have been contacted by NHS track and trace or have had a positive PCR or Lateral Flow Test</li> <li>Runners to wash hands before coming to run</li> <li>When posting runs make clear the number of runners that are allowed including the run leader is 12.</li> </ul>	L	PA to post risk assessment on Facebook and club website. Run organisers to ensure runners are aware of guidance	15/09/20	30/09/20

				<ul style="list-style-type: none"> <li>• Ensure runners know time and location of meet and that social distancing is still recommended</li> <li>• If more than 12 runners want to run and a run leader is available to take a second group then it may be formed but they must follow a different route</li> <li>• If more than one group running leaders to liaise over routes so they do not obstruct each other</li> <li>• If additional members arrive who have not booked a slot with run leader they cannot take part</li> <li>• When meeting in Surf Club prior to run members to wear masks.</li> </ul>				
Spreading Covid-19 whilst running	Runners and members of public	Organisers of runs to be familiar with current NHS guidance on Covid-19 and EA guidance for runners and coaches	M	<ul style="list-style-type: none"> <li>• It is recommended that runners socially distance from each other and out of courtesy from members of the public</li> <li>• Run leaders should carry hand sanitiser and a mask with them on the run.</li> <li>• Routes to be planned and agreed in advance as safe routes</li> <li>• It is the group's responsibility to take action to social distance from public not the other way around</li> <li>• If runners overtake they should try to ensure that social distancing is still maintained</li> <li>• Runners to be aware that first aid will not be able to be provided – bring own if concerned</li> <li>• Runners cannot look after things for other runners eg keys – runners must come prepared to carry anything they</li> </ul>	L	PA to post risk assessment on Facebook and club website. Run organisers to ensure runners are aware of guidance	15/09/20	30/09/20

				<ul style="list-style-type: none"> <li>have to take with them on a run</li> <li>Runners must carry their emergency contact details in case of accident either as club ICE wrist band or other</li> <li>Runners to bring own water if required and this must not be shared</li> </ul>			
Spreading Covid-19 after running	Runners and runners families	Organisers of runs to be familiar with current NHS guidance on Covid-19 and EA guidance for runners and coaches	M	<ul style="list-style-type: none"> <li>Maximum group size of 12 to be maintained at all times whilst running</li> <li>Chatting after a run is alright as long as social distancing is maintained</li> <li>If meeting indoors after the run at Surf Club masks should be worn</li> <li>All runners are recommended to hand sanitise after running and wash hands thoroughly immediately on returning home</li> <li>If a runner shows symptoms after running of Covid 19, has a test that is positive or is contacted by NHS track and trace they must let the run leader know immediately who will liaise with Maryl Steyn and take advice from NHS track and trace about contacting other runners in the group</li> </ul>	PA to post risk assessment on Facebook and club website. Run organisers to ensure runners are aware of guidance	15/09/20	30/09/20

## Risk Assessment: Running in independent groups not under Club but through Club Facebook under Coronavirus restrictions

Date :	Assessed by:	Location :	Review :
17 / 06 /20	Phil Aldis	Bude Rats	11/01/2022

What are the Hazards?	Who might be harmed and how?	What are you already doing?	Risk Rating	What else can you do to control this risk?	Resultant Risk Rating	Action by whom	Target date	Complete
Spreading Covid-19 before running	Any runners	Organisers of runs to be familiar with current NHS guidance on Covid-19 and EA guidance for runners and coaches	M	<ul style="list-style-type: none"> <li>Runners not to attend if they have any symptoms but to stay at home and isolate in accordance with guidance</li> <li>Runners not to run if they, or anyone in their household, have been contacted by NHS track and trace, or have a current positive PCR or Lateral Flow Test</li> <li>Runners to wash hands before coming to run</li> <li>When posting runs make clear the number of runners allowed plus the organiser</li> <li>Ensure runners know time and location of meet and that social distancing is recommended</li> <li>If more than one group running leaders to liaise over routes so</li> </ul>	L	PA to post risk assessment on Facebook and club website. Run organisers to ensure runners are aware of guidance	22/06/20	30.6.20

				<ul style="list-style-type: none"> <li>they do not obstruct each other</li> <li>If additional members arrive who have not booked a slot with run leader they cannot take part</li> <li>If meeting indoors then masks should be worn</li> </ul>				
Spreading Covid-19 whilst running	Runners and members of public	Organisers of runs to be familiar with current NHS guidance on Covid-19 and EA guidance for runners and coaches	M	<ul style="list-style-type: none"> <li>Runners are recommended to maintain social distancing at all times from each other and members of the public</li> <li>Routes to be planned to allow this to happen – roads generally are good as crossing the road enables avoiding members of public. Paths such as between Stratton and Bude Schools or the canal loop need careful management. The coast path is possible but group must be prepared to stop at pinch points or retrace steps to allow public to pass</li> <li>It is the group's responsibility to take action to social distance from public not the other way around</li> <li>If runners overtake they are recommended to ensure that social distancing is still maintained</li> <li>Runners to be aware that first aid will not be able to be provided – bring own if concerned</li> <li>Runners cannot look after things for other runners eg keys – runners must come prepared to carry anything they have to take with them on a run</li> <li>Runners to ensure leaders have</li> </ul>	L	PA to post risk assessment on Facebook and club website. Run organisers to ensure runners are aware of guidance	22/06/20	30.6.20



Spreading Covid-19 after running	Runners and runners families	Organisers of runs to be familiar with current NHS guidance on Covid-19 and EA guidance for runners and coaches	H	<ul style="list-style-type: none"> <li>• Chatting after a run is alright but social distancing is recommended</li> <li>• All runners are recommended to hand sanitise after running and wash hands thoroughly immediately on returning home</li> <li>• If meeting indoors after the run then masks should be worn</li> <li>• If after the run you test positive for Covid or are contacted by NHS track and trace you must contact the run leader so that other runners can be informed and take appropriate action</li> </ul>	L	PA to post risk assessment on Facebook and club website. Run organisers to ensure runners are aware of guidance		22/06/20	30.6.20