

Club Membership Application Form – 1 September 2025 to 31 August 2026

Athlete Details

First Name	Surname
Date of Birth	
Address	
Town	Post Code
Telephone Number	Mobile
Email address	

Who has access to my information ?

ALL INFO: Head Coach (Caroline) & Membership Secretary (Judith)

MEDICAL / HEALTH INFO: Head Coach (Caroline) & LiRF's (Judith, Jon, Laura, Nikki)

PERSONAL INFO: Lead Welfare Officer (Keighley); England Athletics; AND (only if appropriate) Police, Law Enforcement or Security Services

Medical Information

Please read each question carefully and answer every question honestly : (tick the appropriate answer, if answering YES to any please give details below)

	Yes	No
1. Do you have any pre-existing medical conditions?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have a respiratory condition?	<input type="checkbox"/>	<input type="checkbox"/>
4. When doing physical activity do you experience any pain or tightness in your chest?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you ever lose balance or consciousness because of dizziness or light headedness?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have a joint or bone condition or problem?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you pregnant or post-partum? (please complete a separate PARQ form)	<input type="checkbox"/>	<input type="checkbox"/>

Please detail any other important medical conditions or injuries that our coaches should be made aware of (eg epilepsy, diabetes, allergies etc).

Remember to update coaches if anything changes.

In Case of Emergency...

Name	Relationship
Telephone Number	Mobile Number

Club Colours

Would members **please** ensure they enter running races (eg road, off road, trail, XC, obstacle etc) as **Tweed Striders** or (if appropriate) as Unattached. Members are also encouraged to wear club colours at all events; however, any member in receipt of an official club place **must** wear club colours.



Club Membership Application – continued

How may Tweed Striders contact you ?

Tweed Striders may, from time to time, need to contact you – this would be ONLY either Caroline McDermott (Head Coach) or Judith Thompson (Membership Secretary). Contact would be made in the following ways for the following purposes :

- ✓ Email : to share news about forthcoming events, membership benefits etc; all emails are sent using the “bcc” format whereby individual email addresses are not visible to others
- ✓ SMS : to advise members in the event of a change to the usual meeting place or training being cancelled etc
- ✓ Post : to mark an event (such as a birth, a bereavement, a special birthday etc) in which case the member’s address may, on occasion and of necessity, be shared with a third party (eg Buds etc).

We do not, generally, communicate with members by phone.

Please tick the boxes below if you consent to Tweed Striders contacting you by :

Email

☐

Post

☐

SMS

☐

Telephone

☐

And please tick the box if you consent to Tweed Striders posting your race results / race participation online (Tweed Striders website), on social media (Tweed Striders Facebook), in the local press.

☐

A copy of our Data Privacy Policy is available on asking.

Photographic Images

From time to time photographs or videos may be taken by members for use on the Club’s website / Facebook page or for other promotional or publicity purposes.

Please tick this box if you DO NOT give permission for this

☐

Annual Subscription due by 31st October 2024

Fees can be paid either by BACS (preferred) - sort code : 80-22-60, account : 11753862, please use your name as the reference or cash. Completed forms and fee, if appropriate, to Judith Thompson (Membership Secretary), 6 Whiteadder Close, Berwick-upon-Tweed, Northumberland, TD15 2YQ

Tweed Striders Membership (16 years old and over)	£20.00	
Berwick Wheelers / Tweed Tri Associate Membership	£15.00	
TOTAL PAYABLE		£
PAYMENT METHOD – BACS / Cash delete as appropriate		

England Athletics Membership

If you require this then please indicate and we will be in touch early 2026 to arrange (EA subs due 1.4.26)

Please ask for further information.

Declaration

I declare that I have completed this application fully and honestly.

I have read, understand and agree to abide to the UK Athletics Code of Conduct for Senior Athlete’s (a copy has been emailed).

I will inform the Membership Secretary if there are any changes in my circumstances.

I take part in training and competition entirely at my own risk and waive any legal recourse to myself or property arising from my participation. I understand that neither Tweed Striders nor its committee and members can be held responsible.

If I have any doubts about engaging in physical activity I will consult with a doctor before starting activity. I understand a doctor and not a coach or leader must be content before I start a programme of activity. Additionally, if my health changes during the year I should refer to my doctor for advice and will advise the coaches.

Signed	Dated