|  |  |  |  |
| --- | --- | --- | --- |
| **Name** |  | **DOB** |  |
| **Address** |  |
|  | **Postcode:** |  |
| **Tel: (**H**)** |  | **Tel: (**M**)** |  |
| **Email:** please PRINT  |  |
| In case of emergency please can we have contact details for next of kin: |
| **Name** |  | **Telephone** |  |

Has your address/phone etc. have changed since last year’s application: YES / NO

**THE RICKY RUNNING SISTERS’ RUNNER’S CODE - FUN FITNESS FRIENDSHIP**

*1. Be friendly and considerate to your fellow sisters and introduce yourselves to your group before setting off on your run.*

*2. Sisters run at their own risk and should be particularly aware of their own welfare in adverse weather conditions.*

*3. Do not run if you are unwell or suffering from an injury which running would exacerbate.*

*4. Always follow the instructions of the Leader of your group run. Let the Leader of the group know if you decide to leave the group.*

*5. Abide by Health & Safety/Insurance requirements, including:*

*• by running on pavements unless unavailable.*

*• at pedestrian /zebra crossings, ensure all runners in your group cross together.*

*• wear HiViz running clothing AT ALL TIMES AND ALWAYS when running in dark or gloomy conditions.*

*6. Always operate the PEEL BACK system – do not stop, keep running by peeling back. If slower runners behind, peel back to let them run on ahead like a crocodile. Those slower runners should keep on running, do not stop. Faster runners get a better run by peeling back.*

*7. DO NOT run ahead and leave other runners in your group behind. NEVER leave a runner behind unless TWO Sisters have agreed to run back to club together. No Sister should ever run on her own.*

*8. At least one runner per group MUST carry a mobile phone on a run. Check this before you leave for your run.*

*9. RUN IN THE RIGHT GROUP FOR YOU – If you are struggling or others are having to peel back more than 5 times a run, you need to run in the next group down. Always welcome Sisters wishing to try a faster group and be accommodating.*

*10. If you have any concerns or queries, contact a Committee Member on club night or by email members@rickyrunningsister.org.uk*

I have read and fully understand and agree to comply with the Rickmansworth Running Sisters’ Runner’s Code. I accept that failure to comply with the Code could lead to my membership being cancelled.

I hereby confirm that, to the best of my knowledge, I am in good physical condition and do not suffer from any mental or physical disability or condition that would prevent or limit my participation in RRS Club Runs.

|  |  |  |  |
| --- | --- | --- | --- |
| Signature |  | Date |  |

Membership costs £15.00 (Over 60 = £10) from 01/01/2025 to 31/12/2025. Preferred payment method is online. Details overleaf. 50% membership discount from the 1st July. If paying by cheque please make payable to **Rickmansworth Running Sisters**. Give in on club night. Tick here if paying online: [ ]

Please tick this box if you ***don’t want*** your photo used on social media: [ ]

Club night is on Tuesday, 7:00pm at Mill End & District Community Association, corner Berry Lane & Church Lane, Rickmansworth, WD3 8HD

For Admin Purposes Only

TRIAL DATE / NEW MEMBER / RENEWAL / PAID ONLINE / TO PAY: PAID:

# Safety Rules

To comply with our insurance we’d like to remind ladies of the following rules:

**Audio Equipment:** please do not wear headsets, earplugs or other similar devices when running with the club. It is essential that you are able to hear what is going on around you including instructions from the Run Leader. Chat to your sisters!

**Do not run in the road** – it is important that whilst on a club run you always run on the pavements except where there aren’t any.

**Visual Appearance** – if you don’t already wear any Hi Viz apparel, please consider wearing bright clothes. We also have Pink branded RRS Hi Viz vests that you can purchase at Club. It makes a significant difference.

# Online payment Details – Business Account (Lloyds Bank)

|  |  |
| --- | --- |
| **Name:** | Rickmansworth Running Sisters |
| **Sort Code:** | 30 97 07 |
| **Account Number:** | 00797210 |
| **Reference:** | Your name e.g. Joe Bloggs (please write full name if space allows) |

If paying online please remember to take your Membership Form along on club night.

# GDPR Compliance

When you become a member of or renew your membership with **Rickmansworth Running Sisters** you will automatically be affiliated with ARC (Association of Running Clubs)

When you renew or commence a Membership with Rickmansworth Running Sisters we store your data securely in an Excel spreadsheet. This is updated annually or whenever a member updates their information. We only ask for the information that we need for your membership. Your personal information will not be shared with anyone without your prior consent. We will use your email address to keep you updated of events at the club but your email will not be visible to any other members.