



We invite all newcomers to join us for a couple of club runs for free before paying our membership subscription. Subscription fees help towards the running of the club and go towards club affiliation with The Association of Running Clubs (ARC) and England Athletics (EA).

### **New members**

The Arrows subscription is still just £20 per year but in 2018 we will be aligning our renewal date with England Athletics (EA) and the Association of Running Clubs (ARC). We will therefore be asking for £25 for the 15 months from Jan 2018 through to the end of March 2019 for those joining January to September, with a reduced fee of £10 for new members starting 1st Oct 2018 onwards. In April 2019 we will return again to a 12-month subscription period. The basic fee includes club and member affiliation with ARC (The Association of Running Clubs).

There is also a £15 per year England Athletics affiliation fee which you are encouraged to consider which will allow you to compete on behalf of the club at various competitions, subject to the necessary entry fees. In addition to a minimum £2 entry discount at races managed under UK Athletics rules, EA affiliation also provides you with a range of other benefits including discounts on New Balance and After Shokz products, regular ebulletins and the possibility of getting a place in the Virgin London Marathon via the EA club place draw.

**You may opt out of EA affiliation if you wish.** EA only permit us to affiliate your membership for a full year.

See website for more details including benefits of EA membership:

<http://www.harpendenarrows.co.uk/web/index.php/membership-info/71-affiliation-member-info>

English Athletics membership renewal of £15 will be collected in January together with club renewal fees and paid to EA as soon as subscriptions for 2018 /19 are available.

### **Even with the EA fee the membership charge is less than 40p per session and includes:**

- Training at the club every Tuesday and Thursday all year round (7.30pm start)
- Free entry into Cross Country and Mid Week Road Race league events and various other leagues which the club participates in
- Affiliated membership discount at races: Around £2 off most race entries organised under England Athletics and / or ARC rules.
- Club vests available for £15 to wear at local and national races
- Club standards awards at the AGM and Awards evening
- Participation in the club league
- Occasional Guest speakers and Trainers

## Renewals

The fees for renewals are exactly the same as for new members. If your personal details have not changed you may not need to fill in a new form but instead you may be able to renew and pay your fees electronically. Look out for a renewal email or speak to the Membership Secretary if you are not sure. We encourage members to renew promptly.

## Other details

We invite our members to provide us with current **In Case of Emergency (ICE)** and medical details which we would only use if we needed to contact somebody on your behalf after an accident or a problem whereby you were unable to do this yourself.

New for 2018/19 we are also inviting members to tell us of any relevant medical conditions that they would like to tell us about. The purpose of this is not for us to decide if you are fit to run or not but simply so that we are aware of any existing medical conditions which might be relevant for us to know in the event of a problem. It might be something like a nut allergy and that you carry an epi-pen, or that you are asthmatic and use an inhaler or that you have some other condition that you manage yourself with medication.

This information would be provided optionally by you and would be kept confidential.

Membership type  
(Please tick appropriate)

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

New member  
Renewal (enter membership number if known)

### Personal Details

Please print your details below. If you're renewing your membership, enter your personal and contact details. You only enter your address if it changed during the year. We'll update your details. PLEASE double check your email address and record it clearly.

Title		Date of application
First Name		
Surname		
Date of birth		Male or Female
Address		
	Town	Post Code
Contact Details	Mobile	Land Line
<b>Email address</b>		
In Case of Emergency (ICE)	Contact Name	
ICE Contact Details	Mobile	Land Line
Medical details you would like us to be aware of		

*Membership is only available to people who are at least 18 yrs old. Your personal details will be shared with the Club Committee and we'll use them to let you know about the Club and events. Your name and date of birth will be shared with the Cross-Country league organisers if you race under the Club name. Aside from this, your details won't be shared without your prior consent. For England Athletic members, submission of member details for inclusion in the EA database is mandatory.*

### Payment details - to 31st Mar 2019

**Please tick your membership payment option, with or without EA, and then hand to a Committee member. Renewing members can pay online using the information you received in your renewal email notice.**

		Tick
New Arrow members joining before 1 <sup>st</sup> Oct 2018 incl EA affiliation	Fee £40 (£25+£15)	<input type="checkbox"/>
New Arrow members joining after 30 <sup>th</sup> Sep 2018 incl EA affiliation	Fee £25 (£10+£15)	<input type="checkbox"/>
Renewing Arrow members – full 15 months incl EA affiliation	Fee £40 (£25+£15)	<input type="checkbox"/>
Arrows Membership excluding EA affiliation option – full 15 months	Fee £25	<input type="checkbox"/>

*Note: EA Benefits start immediately after EA registration is complete but confirmation is not sent out by the EA until after 1st April.*

### Paid by Cash / Cheque

(Please make Cheques payable to Harpenden Arrows)

**Signature**

The small print:

By applying for membership of Harpenden Arrows, I agree to abide by the Constitution and Club Rules available on the Club website. I confirm I am fit and healthy and able to take part in the Club's activities and accept that the Club, or any individual Club member supervising any aspect of club activities, will not be liable for any loss, damage, action claim or costs that may arise from my participation in organised Club activities. I agree that photos of myself at Club events and races can be used on the Harpenden Arrows website and for newspaper articles and publicity unless I specify otherwise to the Chairman.

Arrows use Only	Date	Initials	Membership number
Received			
Database updated			
Payment received by Treasurer			
Cheque Number		Payment Cycle	