1. **Personal Details**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name**: |       | **Sex:**  | **M** **[ ]  F****[ ]**  | **Date of Birth:** |       |

|  |  |  |  |
| --- | --- | --- | --- |
| **Home Address:** |       | **Post Code:** |       |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Phone No(s):** | **Mobile:** |       | **Home:** |       |

|  |  |
| --- | --- |
| **Email:** |       |

|  |  |
| --- | --- |
| **M****edical Conditions:**(Asthma, heart conditions, diabetes, other) |       |

1. **Emergency Contact Details**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name:** |       | **Contact No(s):** |       | **Relationship:** |       |

1. **Running Information**

|  |  |
| --- | --- |
| **Running experience?** | **Beginner** **[ ]  <1 year****[ ]  1-3 years****[ ]  >3 years****[ ]**  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Distance of typical training run?** |       | **Pace/time for 5k or 10k (if known)** |       |

1. **Declaration and Disclaimer**

I understand that I am responsible for my own health and fitness and run at my own risk, and that Shelton Striders, Coaches/Leaders/Members shall not be liable for any loss, injury or damage arising out of my participation. I have received an induction, understand the Code of Conduct and will adhere to it at all times.

*(Parent/guardian of junior (16-18) attending as guest only):* I consent to the above athlete taking part in training sessions.

|  |  |  |  |
| --- | --- | --- | --- |
| **Signed:**Parent/Guardian if under 18 |       | **Date:** |       |

1. **Induction**

An induction for this athlete has been carried out.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Coach/ Leader:** |       | **Signed:** |  | **Date:** |       |

1. **Sessions Attended as Guest**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date 1** | **Coach/Leader** | **Date 2** | **Coach/Leader** | **Paid** | **Date 3** | **Coach/Leader** | **Paid** |
|  |  |  |  |  |  |  |  |

Form to retained by Coaching staff at first session attended.

**Data protection**: Shelton Striders agree to protect your data in accordance with the Shelton Striders Policy and not to use the information or pass on to any third party.