

Riverside Runners

St Neots, Cambs.

Founded 1987

Affiliated to: UKA, EA, CAA.

www.riverside-runners.com



Chairman:

Norma Leckie

Tel. 01480 350373

Hon. Secretary:

Helen Liddle

Tel. 01480 217819

Hon. Treasurer:

Mark Forster

Tel. 01234 870943

Application for Junior Membership

(Block Capitals Please)

Surname

First Name

Address

Postcode

Telephone (Home)

Telephone (Daytime)

Are you or have you been a member of another running club? Yes No

If yes, name of club

Any special medical details (allergies, diets etc.)

Any special emergency procedures

Current Medication

Medication

Dosage

Time

Medication	Dosage	Time

Running - Your Personal Health

Running and its associated training can be a strenuous activity. You should therefore be in good health and have no medical or physical condition precluding heavy exercise.

If you have any doubt you should first consult your doctor.

Some conditions such as asthma and diabetes, for example, do not prevent individuals participating in the sport, but you do have a **duty to declare any condition that might put yourself or others at risk. Likewise you have a duty to declare any change** in personal health whilst a member of the Club that may put yourself or others at risk.

It is important therefore that you inform those around you e.g. coaches, and fellow runners, of any condition that they may have to deal with in the event of an emergency.

Parents

Name

Contact

Number

Signed

Date