



# Launceston Road Runners

**Affiliated to England Athletics, ARC and C.C.A.A.**

**www.launcestonroadrunners.co.uk**

**www.treggy7.co.uk**

**Email: comm@treggy7.co.uk**



PLEASE SEND COMPLETED FORMS (or a photo of completed form) TO:  
nickljsmith@yahoo.com

**Membership Application 1<sup>st</sup> April 2025 – 31<sup>st</sup> Mar 2026**  
Please complete using capital letters and ensure all fields are filled in.

Title Mr/Miss/Mrs/Ms.    First Name.....    Surname.....  
Gender: Male/Female

Address.....  
.....

Postcode.....

Contact Phone No.....

Emergency contact name.....    Phone No.....

Email.....    Date of Birth.....

Are you affiliated to any other athletic club(s)?    Yes / No

If yes which club(s) are you affiliated to?.....

**Club Vests:** Members entering recognised races must wear an official Club vest or T-Shirt which are available to purchase from the Club shop. To comply with our Health and Safety requirements, a high visibility bib must be worn during Autumn/Winter club training night runs.

**Data Protection:** When you become a member or renew your membership you will automatically be registered as a member of England Athletics (EA). We will provide EA with your personal data which they will use to enable access to an online portal for you (my Athletics). EA will contact you to invite you to sign into and update your My Athletics portal (which, amongst other things, allows you to set and amend your privacy settings). If you have any questions about the continuing privacy of your personal data when it is shared with EA, please contact [dataprotection@englandathletics.org](mailto:dataprotection@englandathletics.org)

Launceston Road Runners will use your email address to update you on club matters and to provide you with the monthly newsletter. We will also print your name and run time in the results section of the newsletter. Your name and race results may also be shared on our social media pages and website and occasionally the local newspaper. If you have any questions about the use of your data within the club, please contact [comm@treggy7.co.uk](mailto:comm@treggy7.co.uk)

**Declaration:** I declare that I am medically fit to run and I understand that the Club will not be held responsible for any injury, illness, damage or loss to me or caused by me, however caused at training nights or at races.

**Subscription due - £30.00** Cheques should be made payable to Launceston Road Runners.

I enclose cash / cheque for: ..... (amount)

Paid by credit transfer: ..... (amount)

Lloyds TSB A/C: 20652060 / Sort Code 30-94-91 / Launceston Road Runners

By signing this form I certify that I have read, understand and will adhere to the EA/club senior athletes codes of contact

Signature.....    Date .....



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## CODE OF CONDUCT: SENIOR ATHLETES

As a responsible athlete, I will:

- abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures
- abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures
- respect the rights of every athlete, coach, technical official and others involved in athletics and treat everyone equitably
- uphold the same sporting values away from sport as I do when I am engaged in athletics
- participate within the rules of the sport, respect decisions of coaches and officials, and demonstrate respect towards fellow athletes
- cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in my best interests and those of other athletes
- consistently promote positive aspects of the sport and never condone rule violations or the use of prohibited substances
- anticipate and be responsible for my own needs, including being organised, having the appropriate equipment and being on time
- inform my coach of any other coaching that I am seeking or receiving
- act with dignity and display courtesy and good manners towards others
- in no way undermine, put down or belittle other athletes, coaches or practitioners
- avoid swearing and abusive language whilst in athletic venues, at club functions and events, or when as part of a team/squad
- never engage in any inappropriate or illegal behaviour
- challenge and report inappropriate behaviour and language by others
- not misuse or abuse sporting equipment and venues
- not carry or consume alcohol or illegal substances while training or competing in athletics
- maintain strict boundaries between friendship and intimacy with a coach or official
- use safe transport or travel arrangements
- act ethically, professionally and with integrity, and take responsibility for my actions.
- I recognise that I am bound by the UKA Anti-Doping Regulations, and submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. UK Anti-Doping Rules apply to all member participating in athletics for a minimum of 12 months from the commencement of membership whether or not the member is a citizen of, or resident in, the UK. Any athlete wishing to retire from the sport of athletics must put this in writing to the club and their Home Country Athletics Federation (Athletics Northern Ireland / England Athletics / Scottish Athletics / Welsh Athletics) and cancel any applicable membership. Official retirement will remove the athlete from being under the auspices of UKA's Anti-Doping Rules.

**BREACH OF THE CODE OF CONDUCT** I understand that if I do not follow the code, action can be taken by my club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from my coach
- receive a verbal or written warning from the club committee
- be suspended from attending club training sessions
- be suspended from the club
- be required to leave the club.