



Evolution Triathlon Club Application Form

Contact Details

Name: _____	Date of birth: _____
Address: _____	

Telephone Number: _____	Mobile: _____
Email: _____	
Occupation: _____	

Clubs/Triathlon Experience

What triathlon experience do you have? (Please circle): Absolute beginner / Intermediate / Advanced
Have you had any event experience? (Please circle): Yes / No
If yes, please specify: _____

Are you a member of any other clubs? (Please circle) Yes / No
If yes, please specify: _____

What distance are you training for (please circle): Sprint / Olympic / Ironman
If relevant, please give your BTA Number: _____
How did you hear about us: _____
What are your reasons for joining/goals? _____

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Emergency Contact Details

Please give details of who we contact in an emergency.

Name: _____ Relationship: _____

Telephone Number: _____ Mobile: _____

Email: _____

Club Rules

EVOLUTION TRIATHLON CLUB as at 1st October 2008

These rules may be amended from time to time at the discretion of the Management Committee. All changes will be published to members no later than 10 days prior to taking effect.

Serious disregard or breaches of these rules reported to the Management Committee may result in the offending member being expelled from the club immediately. The Club's disciplinary procedure will be applied.

GENERAL

- 1) Members agree not to bring the Evolution Triathlon Club into disrepute
- 2) Members agree upon and have signed the Code of Conduct
- 3) Members must abide by the rules and articles of British Triathlon Association

TRAINING and CLUB ORGANISED ACTIVITIES

A. Swimming

- 1) Local swimming pool rules must be adhered to
- 2) Members must not enter water until the lifeguards are in place
- 3) In open water members must make themselves aware of all specific dangers relating to the chosen swimming location.
- 4) Members must take their own appropriate safety precautions and ensure reasonable safety cover is in place (see Open Water Guidelines Section 17)
- 5) Members must NOT swim in prohibited areas

B. Cycling

- 1) Helmets must be worn at all times
- 2) Cyclists must obey the Highway Code
- 3) Cyclists must be courteous to other road users
- 4) Cyclists must ensure their bike is in safe & good running order & carry essential bike puncture kit
- 5) Cycling on public roads inevitably carries a level of risk. Club members are reminded that they must take individual responsibility for their own safety and the safety of others and must be confident to ride alone should they become separated from the group for any reason. The Evolution Triathlon Club takes no responsibility for loss or damage of equipment or personal injury.

C) Running

Members must have due regard for pedestrians and other legitimate users of foot paths, roads and bridleways, and any other users of the land especially farmers

COMPETITION

- 1) Members must obey all rules relating to the event they are competing in and compete in a sportsman-like manner
- 2) Members must wear, with pride, our Evolution Race Kit

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EVOLUTION TRIATHLON CLUB - Code of Conduct for Club Members

Evolution Triathlon Club is fully committed to safeguarding and promoting the safety and wellbeing of all its members such that they are able to achieve their sporting goals in a supportive, challenging but fun environment.

The club believes that it is important that members, coaches, volunteers, family and friends associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with Kevin Wallace and/or our Club Welfare Officer, Lorraine Flower.

As a member of the **Evolution Triathlon Club** you are expected to abide by the following member's Code of Conduct:

- Rules & Fair Play - All members must play within the rules and respect officials and their decisions.
- Equality - all members must respect the rights, dignity and worth of all participants regardless of gender, ability, culture or religion.
- Community-Members will avoid creating elite groups based on ability and ensure that everyone feels welcome and part of the club.
- Training Sessions - members should keep to agreed timings for training and competitions or inform their coach if they are going to be late.
- Be the Best you can be - members must support and encourage good practice and correct actions at all times
- Staying connected – for all outdoor sessions, please bring along your mobile phone and ensure your details are exchanged with a training buddy prior to the session. This aims to ensure that we can act swiftly in the event of an emergency or change of plan.
- Club Kit - members must wear, with pride, suitable club kit – at least a club shirt – for training sessions, as agreed with the coach and/or race manager.
- Fees - members must pay any fees for training or events promptly.
- Smoking - Members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Social - members are encouraged to communicate with coaches and all other club members, especially new members and beginners on a weekly basis.

Disclaimer

I confirm that to the best of my knowledge I am able to participate in physical activity. I confirm that I have read and understand the outlined safe running practice including the Club Rules and Code of Conduct as set out below. Any questions I had have been answered to my satisfaction. In the event that I am required to seek my doctor's advice prior to commencement of any physical activity, I agree to contact my doctor and take full responsibility for obtaining written permission before starting any such physical activity. I understand that I am responsible for monitoring myself throughout the exercise programme and that if any unusual symptoms occur I will cease participation and inform my instructor & my doctor of these symptoms. I undertake to notify my instructor at once if there is any change in my condition. I am aware that physical activity can be hazardous and there is a risk involved. I acknowledge that I participate at my own risk and take full responsibility for my actions. I confirm that I will take every precaution possible for the safety of myself and others and act in a responsible manner. I have read and understood the British Triathlon Code of Conduct for the Evolution Triathlon Club and hereby consent to abide by it. I understand that information on this form will be treated with strictest confidence by Evolution Triathlon Club and used only for services that I may wish to engage in now and in the future.

Signature: _____ Date: _____

Next Step

Please post (or email crew@evotri.co.uk) this form along with the Standing Order mandate to: Kevin Wallace
Evolution Triathlon Club, c/o The Windsor Club, Helston Lane, Windsor, Berks SL4 5AP

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Standing Order Mandate

Bank: Branch

Please tick relevant instruction: New Instruction

Please amend previous standing order quoting reference/beneficiary

ACCOUNT TO BE DEBITED:

Sort Code:

Account Number:

Account Name:

Bank Address:

BENEFICIARY DETAILS:

Evolution Triathlon Club

Bank: BARCLAYS

Branch Address: 29 – 30 High Street
Windsor
Berkshire SL4 1PG

Sort Code: 20-97-09

Account Number: 03833143

Beneficiary Name: Evolution Triathlon Club

Reference:

PAYMENT DETAILS:

Amount of first payment: £ Immediate Payment (Please tick) OR Date of first payment:

Amount of usual payment: £ Day of usual payment: 01 Every month

Amount of usual payment in words:

When paid: MONTHLY

Complete either amount of last payment: £ and date of last payment:

Or please continue payments until further notice: Yes

Customers Signature(s): Date:

Customer Contact Telephone Number:

ALL WHITE BOXES MUST BE COMPLETED IN ORDER FOR THE STANDING ORDER TO BE PROCESSED