

# 2016/2017 Registration Form



MEMBERSHIP TYPE		REGISTRATION FEES		
		1.4.2016 – 31.3.2017 FULL YEAR	1.10.2016 – 31.3.2017 PARTIAL (6 Mths)	1.1.2017 – 31.3.2017 PARTIAL (3 Mths)
VOLUNTEER (non-runner & non-walker)	<input type="checkbox"/>	\$0.00	\$0.00	\$0.00
JUNIOR (school aged)	<input type="checkbox"/>	\$15.00	\$10.00	\$5.00
SENIOR	<input type="checkbox"/>	\$30.00	\$15.00	\$10.00
FAMILY	<input type="checkbox"/>	\$70.00	\$30.00	\$20.00
Timing Chip (per member)	QTY	\$10.00 each	One off fee	

## INDIVIDUAL MEMBERSHIP DETAILS

SURNAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ GENDER \_\_\_\_\_ MALE / FEMALE

PHONE # \_\_\_\_\_ CHIP No : \_\_\_\_\_

POSTAL ADDRESS \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

## FAMILY MEMBERSHIP DETAILS

SURNAME	FIRSTNAME	GENDER	DATE OF BIRTH	CHIP NUMBER
		M / F		
		M / F		
		M / F		
		M / F		
		M / F		
		M / F		

PHONE # \_\_\_\_\_

POSTAL ADDRESS \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

In apply for membership to the Orange Runners' Club Inc. I agree to abide by the Safety Guidelines and acknowledge the declarations listed on the reverse of this membership form.

Signed \_\_\_\_\_ Date \_\_\_\_\_

ADMINISTRATION ONLY	
Registration Number	_____
Total \$ Received	_____ by _____ Date _____

**YOU MUST BE A REGISTERED MEMBER BEFORE YOU RUN WITH THE CLUB**

# Safety Guidelines & Declaration



The Orange Runners Club recommends that caution be taken by members when participating in Club events and activities. In particular, please be aware of and observe the following:

- Should you have an injury or medical condition, **seek advice** and act on the recommendations of an appropriate medical professional before you participate.
- Remember to **'warm up'** before and **'cool down'** after a Club event.
- Always listen carefully to any **safety awareness briefings** held before the commencement of any event.
- Complete the **'sign on'** sheet for all Sunday runs before the event commences and **'sign off'** once finished so that all participants can be accounted for.
- Ensure adequate quantities of **water** are consumed prior to, and after an event (the Club provides water at Sunday events).
- Wear **appropriate clothing** for the weather conditions and apply **sun screen**.
- Run/walk on the right hand side of a roads used by vehicles and on the left hand side of paths used by cyclists and/or pedestrians.
- If wearing **headphones** please keep to the side of the road / path / track and listen at a volume level that allows you to respond to the sound of approaching runners, vehicles or other hazards.
- Runners and walkers in **groups** are asked to always leave room for faster runners to pass in either direction without them having to leave the track / path and risk injury on uneven ground (no more than two people abreast on Wednesday events).
- It is preferred that **dogs** are not brought to events – particularly at Elephant Park and events that utilise footpaths. However, if you bring a dog, please ensure it is kept on a short lead and close by your side
- **Bicycles** and **scooters** are not permitted by participants. People pushing **strollers** (or with small children) are asked to start events at the rear of the group, keep to one side of the road / path / track and maintain their current course if approached by a runner or walker.
- Make every effort to give way to **members of the public**.
- If you hear or see a runner or walker approaching behind you, **maintain your current course** without stopping or stepping to one side. The person that is overtaking will then be able to pass you without a collision. Parents are encouraged to explain and make this known to their children.
- Be aware of and warn others of potentially dangerous **animals** (e.g. snakes, kangaroos, dogs).
- When you finish an event, **move well away** from the finish line to avoid possible collisions with others finishing at speed (parents are asked to advise their children accordingly).
- Club members are asked to look out for and alert others where safety could be improved by observing these Guidelines.
- A **first aid kit** is available at all events for use if required – inform a member of the Committee if assistance is required immediately.
- Should you observe any incidents for which **preventative** measures could be taken - please discuss them with a member of the Committee immediately

- *I acknowledge that the sport has inherent risks and that injuries/losses could occur. I acknowledge that I am medically and physically fit to participate in the sport and will notify ORC immediately if my fitness/medical condition changes.*
- *I consent that photographs and video footage taken of the applicant may be used by ORC for promotional purposes and/or on the clubs website or facebook page.*

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*“Together we achieve individual goals”*