



SKYRAC ATHLETIC CLUB

Membership Application/Renewal

Athletes Details (Please print)

Forename		Gender (Circle) Male Female	Title (Circle) Mr Mrs Miss Ms Other
Surname		Date of Birth	Place of Birth
Address			
Town/City			
County			
Post Code			
Home Phone No.			
Mobile Phone No.			
Email Address			

Athletic Activity Details (Please print)

Athletic Role (Please tick)	Competitive	Social	Track & Field	Fell	Cross Country	Road
Ethnicity (Please State)			Disability/Additional Needs			

Do you hold membership of another club? (If so, please enter details below)

Other Club Name	England Athletics Registration No.	First Claim OR Second Claim	Date Resigned

Tick here if you **consent** to images of me to be used by Skyrac Athletic Club in any physical or digital form.

When you become a member of or renew your membership with Skyrac Athletic Club, you will automatically be registered as a member of England Athletics. We will provide England Athletics with your personal data which they will use to enable access to an online portal for you (called myAthletics). England Athletics will contact you to invite you to sign into and update your MyAthletics 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 England Athletics, please contact dataprotection@englandathletics.org.

Signed:

Date:

Signed:

EA Registration No.....

Parent/Guardian (if applicant is under 18)

(Renewal only)

Club Membership and Registration Fees

Membership Type	Tick	Skyrac Membership Fee	England Athletics Registration Fee
Junior/Student		£35	Includes England Athletics registration fee.
Senior		£45	
Family (3 or more persons) (ONE FORM PER APPLICANT)		£100 per family	It is now compulsory for all club members to be registered with England Athletics.
Associate/Social Member		£5 per year	

ALL ABOVE DUE FEES PAYABLE BY 31ST MARCH FOR THE FOLLOWING YEAR

Physical Activity Readiness Questionnaire (PAR-Q)

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problems or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions.

Please read the following carefully and circle **YES** or **NO** opposite the question **if it applies to you**. If yes, please explain.

1. Has your doctor ever said you have heart trouble? YES / NO
If Yes, please state:
2. Do you frequently have pains in your heart and chest? YES / NO
If Yes, please state:
3. Do you often feel faint or have spells of severe dizziness? YES / NO
If Yes, please state:
4. Has a doctor ever said your blood pressure was too high? YES / NO
If Yes, please state:
5. Has your doctor ever told you that you have a bone or joint problem(s), such as arthritis that has been aggravated by exercise, or might be made worse with exercise? YES / NO
If Yes, please state:
6. Is there a good physical reason, not mentioned here, why you should not follow an activity program even if you wanted to? YES / NO
If Yes, please state:
7. Are you or have you been pregnant in the last 6 months? YES / NO
If Yes, please state:
8. Do you suffer from any problems of the lower back, i.e., chronic pain, or numbness? YES / NO
If Yes, please state:
9. Are you currently taking any medication? YES / NO
If Yes, please state:
10. Do you currently have a disability or a communicable disease? YES / NO
If Yes, please state:

If you answered NO to all questions above, it gives a general indication that you may participate in physical and aerobic fitness activities. The fact that you answered NO to the above questions, is no guarantee that you will have a normal response to exercise. If you answered YES to any of the above questions, then you may need written permission from a physician before participating in physical and aerobic fitness activities. A Skyrac Coach can discuss this further with you.

Skyrac Athletic Club is always looking for volunteers and helpers to help with running the club – can you help?

Tick if you can help – Guiseley Gallop (Easter Sunday) Otley Chevin Fell (1st Wed in June) Other (tba)