

# Runners-next-the-Sea

## Couch to 5K Application Form – 2023

Welcome to Runners-next-the-Sea. We are a running club open to seniors or those over 16 years of age (there is no upper age limit) and Juniors aged 11 to 16 (providing they are accompanied by parent or guardian at all times).

### Personal Details

Name:  Date of Birth (DD/MM/YYYY):

Address:

Postcode:  Gender:

Email:  Phone Number:

Please insert information below to indicate the persons who should be contacted in the event of an incident/accident:

Emergency contact:  Phone Number:

**Medical conditions:** (Please detail any important information that our coaches should be aware of e.g. epilepsy, asthma, diabetes, allergies, etc.):

I am medically fit and accept that Runners-next-the-Sea Running Club will not be held liable for any accident or injury resulting in running with the club. (Please put a cross in the box to accept): ☐

### Membership Details

Course Membership:

Adult £15.00 ☐ APHS Student £FOC ☐ Fakenham Junior Rugby £FOC ☐

I am paying by: PayPal ☐ Online Banking ☐ Cash ☐

Course location:

Wells-next-the-Sea ☐ Fakenham ☐

Payment preferred via PayPal ([www.rnts.co.uk/shop](http://www.rnts.co.uk/shop)), or bank transfer. Thank you.

Feel free to join our Runners-next-the-Sea Facebook group to keep in touch with your co-runners and coaches:  
<https://www.facebook.com/groups/RunnersNTSC25k>

Online Banking Details:

Sort Code: 20-17-20 Account No: 30676616  
Please use your Surname and Initial as the payment reference and e-mail the completed form to:  
[membership@rnts.co.uk](mailto:membership@rnts.co.uk)

**Acceptance of terms and conditions**

I declare that I am medically fit to run and I understand that I join at my own risk. The members, officials and committee of Runners-next-the-Sea shall not be held responsible for any injury, loss or damage that results from my membership of the club. I agree to observe and comply with the terms and conditions as set out in the Club Constitution.

**Club privacy statement**

Runners-next-the-Sea Running Club take the protection of the data that we hold about you as a member seriously and will do everything possible to ensure that data is collected, stored, processed, maintained, cleansed and retained in accordance with current and future UK data protection legislation.

Please read the full privacy notice carefully to see how The Club will treat the personal information that you provide to us. We will take reasonable care to keep your information secure and to prevent any unauthorised access

**Data collection**

The club will collect certain personal data about you which will include your name, date of birth, gender, email address, address, telephone number, medical information and the full name and telephone number of an emergency contact nominated by you.

**Photography and Video consent - those aged 18 or under**

The Club recognises the need to ensure the welfare and safety of all young people.

In accordance with UK Athletics child protection policy and procedures, we will not permit photographs, video or other images of children/young people to be taken without the consent of the parents/carers and children/young people

The Club will take all possible steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform the Club Welfare Officer immediately.

By returning this completed form, I confirm that I have read and understood the privacy statement and how data will be used and shared and am willing to abide by the club code of conduct for athletes [and parents].

NAME (Please print clearly):

SIGNATURE:

(Parent or Guardian if for a Junior)



## **Privacy Notice**

**Runners-next-the-Sea Running Club (RntS)** are committed to protecting and respecting your privacy. For any personal data you provide for the purposes of your membership, RntS is the Data Controller and is responsible for storing and otherwise processing that data in a fair, lawful, secure and transparent way.

### **What personal data we hold on you**

You may give us information about you by filling in forms at an event or online, or by corresponding with us by e-mail or otherwise. This includes information you provide when you register with the Club or participate in discussion boards on our website/Facebook. The information you give us may include your name, date of birth, address, e-mail address and phone number. We may also ask for relevant health and disability information.

### **Why we need your personal data**

The reason we need your Athletics Data is to be able to administer your membership and provide the membership services you are signing up to when you register with the club. Our lawful basis for processing your personal data is that we have a contractual obligation to you as a member to provide the services you are registering for.

Reasons we need to process your data include:

#### **For training and competition entry**

- sharing personal data with club coaches or officials to administer training sessions;
- sharing personal data with club team managers to enter events;
- sharing personal data with leagues, county associations and other competition providers for entry in events.

#### **For funding and reporting purposes**

- sharing anonymised data with a funding partner as condition of grant funding
- analysing anonymised data to monitor club trends; and
- sending an annual club survey to improve your experience as a club member.

#### **For membership and club management**

- processing of membership forms and payments;
- sharing data with committee members to provide information about club activities, membership renewals or invitation to social events;
- club newsletter promoting club activity; and
- publishing of race and competition results.

#### **Marketing and communications**

- sending information about selling club kit, merchandise or fundraising.

Any special category health data we hold on you is only processed for the purpose(s) of passing health data to coaches to allow the safe running of training sessions. We process this data on the lawful basis of consent. Therefore, we will also need your explicit consent to process this data, which we will ask for at the point of collecting it.

On occasion we may collect personal data from non-members (e.g. any non-member participant who fills in a health disclaimer or form at a taster event) This information will be stored for 5 days and then destroyed securely. Our lawful basis for processing data is consent. Therefore, we will also need explicit consent from non-members to process this data, which we will ask for at the point of collecting it. The club has the following social media pages: Facebook and Website. All members are free to join these pages. If you join one of the Social Media pages, please note that provider of the social media platform(s) has their own privacy policies and that the club does not accept any responsibility or liability for these policies. Please check these policies before you submit any personal data on the club social media pages.

The Club does not supply any personal data it holds for this purpose to any other third party. The Club does not store or transfer your personal data outside of the UK.

### **How long we hold your personal data**

We will hold your personal data on file for as long as you are a member with us. Any personal data we hold on you will be securely destroyed after

four years of inactivity on that member's account. Your data is not processed for any further purposes other than those detailed in this policy.

**Your rights regarding your personal data**

As a data subject you may have the right at any time to request access to, rectification or erasure of your personal data; to restrict or object to certain

kinds of processing of your personal data, including direct marketing; to the portability of your personal data and to complain to the UK's data

protection supervisory authority, the Information Commissioner's Office about the processing of your personal data.

As a data subject you are not obliged to share your personal data with the Club. If you choose not to share your personal