

## Orange Runners' Club Inc.

**MEMBERSHIP FORM** – 1<sup>st</sup> April 2009 to 31<sup>st</sup> March 2010

Please complete the appropriate category:

**SENIOR REGISTRATION                      FEE                      \$25.00**

SURNAME	
FIRST NAME	
POSTAL ADDRESS	
TELEPHONE NUMBERS:	Home: Work: Mobile:
EMAIL ADDRESS	

**JUNIOR REGISTRATION                      FEE                      \$10.00**

SURNAME	
FIRST NAME	
POSTAL ADDRESS	
TELEPHONE NUMBERS	Home: Work: Mobile:
EMAIL ADDRESS	

**FAMILY REGISTRATION                      FEE                      \$50.00**

SURNAME	
FIRST NAMES OF ALL FAMILY MEMBERS	
POSTAL ADDRESS	
TELEPHONE NUMBERS	Home: Work: Mobile:
EMAIL ADDRESS	

In applying for membership to the Orange Runners' Club Inc. you are also giving your consent for your photo to appear on the club website [www.orangerunnersclub.org.au](http://www.orangerunnersclub.org.au)

I confirm I have read the Safety Guidelines detailed on the rear of this form.

Signed: ..... Date: .....

Do you require a receipt?     Yes     No

Receipt Number: ..... Date: .....

*“Together we achieve individual goals”*

**Our Safety Guidelines**

***(Ver 4 – 1<sup>st</sup> June)***

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

- *Allocate some time to ‘warm up’ before and ‘cool down’ after a Club run / walk.*
- *Listen carefully to any short safety awareness briefings held before the commencement of runs / walks. Briefings will be held where the Club’s risk assessment has identified the need.*
- *Complete the ‘sign – on’ sheet before an 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, a run / walk.*
- *Wear clothing that is appropriate for the weather conditions.*
- *Run / walk on the right hand side of a road 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 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.*
- *If you bring a pet, please ensure it is kept on a lead and close by your side.*
- *Participants riding cycles, using scooters or pushing strollers 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.*
- *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 dangerous wildlife, such as snakes.*
- *When you finish a run / walk move well away from the finish line to avoid possible collisions with others finishing at speed.*
- *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.*

***Should you observe any incidents for which preventative measures could be taken please discuss them with a committee member.***