**Dublin Mountain Junior Running Club **

**Membership Application Form 2020-2021**

Please use **BLOCK CAPITAL LETTERS** and fill in all spaces

|  |  |
| --- | --- |
| **Childs name:** | **Surname:** |
| **Address:** |
|  |
|  |
| **Parent /Guardian Email:** |
|  |
| **Parent/Guardian Number:** |  |
|  |  |
| **Emergency Contact Number:** |  |
|  |
| **Date of Birth** |
| **Day** | **Month** | **Year** |
|  |  |  |  |  |  |  |  |

**\*\*\* O Neills Club T-shirts available to purchase (optional)**

   **X Small Small Med** **Large** **X-large**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **T-shirt size** |  |   |  |  |  |

**I hereby apply for membership of the Dublin Mountain Running Club and agree to abide by the rules of the club if my application is successful.**

|  |  |
| --- | --- |
| Signature of Applicant:  |  |
| Date:  |  |

***\*\*Please read and sign the following disclaimer on the next page…..***

D. M. R. C Disclaimer Form Dublin mountain running club DMRC exists purely to offer an opportunity for like-minded runners to exercise together in a group. All attendees should consider the group as an informal gathering of people who will run together in a loosely structured format. Trail courses will be guided, but runners should take full responsibility for knowing the route and any possible escape routes. Every person attending the group must take full and complete responsibility for their own actions. Know your limits, wear appropriate clothing and footwear as well as taking with you any personal kit you may need, including lightweight windproof/ waterproofs, fluids, and if particularly cold, a warm layer. Weekend runs require a kit list please see online for details. Night runs require the carrying of a working headtorch suitable for off road running. It’s your decision alone whether or not you are fit and able to run with the group. If you are unsure consult your GP before attendance. If you have any medical conditions that could affect you, it’s your responsibility to make the group and leaders aware of these and to keep any personal medication that you may require with you at all times e.g. inhalers. Regardless of fitness, if you feel dizzy, faint or unwell it’s your responsibility to stop exercising and to notify other runners and your guide and/or assistant of this. If you decide to return to your vehicle, your guide or assistant may be able to assist, but they are not responsible for you. If you do need to turn back please try and inform the session leader before retiring and definitely before leaving the venue. The minimum age for joining the club is 18 years old We recommend that you carry your mobile phone with you at all times

I ........................................................................declare that I fully understand all of the points listed above, I meet all the criteria, I formally declare that I am fit to run and fully accept the risks. I am happy for any photographs that I may be fortunate enough to appear in to be used in conjunction with DMRC and that such images may be used on social media I would like to sign up to receive details and maps of each run direct to my email that I have provided, I understand my details will not be shared and that I have the option to unsubscribe at any point.

|  |  |
| --- | --- |
| Signature of parent /guardian  |  |
| Date:  |  |