

# Lothian Running Club

## Membership Application – 2010

Name ..... Phone.....

Address .....

..... Post Code .....

E-mail .....

Scottish Athletics Number .....

Date of Birth .....

Name of previous club (if any) .....

**Type of membership\***

Tick as appropriate)

Junior (under 17)

**Competing**

£10

**Non- competing**

£5

Senior

£15

£10

Unemployed / Student

£10

£5

Student renewing

£0

£0

Family

£30

£20

*Cheques should be made payable to Lothian Running Club.*

**Note:** A computer record will be kept of the information you give on this form. Your signature will be regarded as approval of this, unless you notify us of any objection.

Signed by applicant ..... Date .....

Signed by parent or Guardian (On behalf of junior) .....

**Please Return to:**

**Colin Banham**

**39 Sinclair way**

**Knightsridge**

**Livingston**

**EH54 8HW**

**Admin**

Age Group	<input type="text"/>
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Card Issued	<input type="text"/>
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£ to treasurer	<input type="text"/>
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Entered on list	<input type="text"/>
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Membership Number	<input type="text"/>
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# Medical Information

## 1. Medical Conditions

It is important that club coaches and team managers are made aware of any medical condition, or other problem, which may affect you whilst you are training or competing with the club. If there is a significant possibility that a condition such as asthma, diabetes, or epilepsy, may cause problems, please give details of the condition:

.....  
.....  
.....

If appropriate, please indicate what remedial action should be taken at the onset of the problem:

.....  
.....  
.....

**Consent.** Please will parent or guardian of a minor sign to give consent for the above treatment to be carried out by a club official or other qualified person, if appropriate:

Signed .....

*Note that information supplied will be treated as confidential to coaches and team managers.*

## 2. Medication & Anti Doping Regulations

Members should all be aware that Doping Control regulations ban the use of many substances commonly found in medications and in some beverages. The secretary can supply a small leaflet which tells you which commonly used medications are and are not allowable.

For general advice contact UK Athletics Anti-Doping Co-Ordinator David Herbert. Tel: 0870 998 6732. email: [davidherbert@ukathletics.org.uk](mailto:davidherbert@ukathletics.org.uk) You can expect a very helpful response.

If you want to be sure about a particular drug contact UK Sport drug information Tel: 0800 528 0004 email: [www.uk sport.gov.uk/did](http://www.uk sport.gov.uk/did). Note that if you use an inhaler which contains a banned substance then it may be possible to change to a legal alternative. If this is not possible then you may get dispensation, if your doctor completes a form.

Forms from: [www.ukathletics.net/antidoping](http://www.ukathletics.net/antidoping)