

# Torfaen Triathlon Club

## Membership Form



PLEASE COMPLETE IN BLOCK CAPITAL LETTERS:

\*Surname:..... \*First Name(s):.....

\*Mr / Mrs / Ms / Other:..... \*Tel No:.....

\*Date of Birth (min age 16):..... Email:.....

\*Address:.....

..... \*Postcode:.....

Employer:..... How did you hear about us?.....

### **\*Mandatory Fields**

#### **Office Use**

**Fitness Declaration completed**

Annual Fee: £25.00

Member Number:.....

Commencement Date:.....

Method of initial payment .....

### **\*Cheques made payable to 'Torfaen Triathlon Club'**

**Standing Order Swim Sessions** Y / N First payment due on or around 7<sup>th</sup> of.....

Monthly Standing Order amount: £10.00  (Fixed Term Torfaen Leisure Trust gym members only)  
£16.00  (Non TLT gym members)

Standing Order form completed

### **\*Monthly payments due on or around the 7<sup>th</sup> of each month**

**Please note: Members under 18 years of age must be accompanied by a parent or guardian if they attend any outdoor cycling sessions.**

**I hereby confirm that I have fully read, understood and agree to all the Torfaen Triathlon Club terms and conditions. I am aware of the cancellation process of the membership which I am signing up to, as detailed in bold on the reverse of this application form.**

\*Member Name:..... \*Date Signed:.....

\*Member Signature:.....

\*Parent or Guardian Signature (if under 18 years):.....

**I hereby confirm that I have fully explained the T's & C's of membership to Torfaen Triathlon Club, the process for cancelling standing order membership, (for swimming) and have answered any questions fully.**

\*Torfaen Tri Staff Signature:..... \*Print Name:.....

\*Date:.....

# Torfaen Triathlon Club



1. **Membership to Torfaen Triathlon Club (Torfaen Tri)** is a one off annual payment which is non-refundable. This membership covers the period January to December. This means that if you cancel your membership within the period which your membership fee has been paid for you will not receive a refund.
2. **Standing Order payments for swim sessions will be paid directly to our partner club Torfaen Dolphins who are responsible for covering the costs of facility hire and providing coaches for coached sessions. These Standing Order payments are taken on a rolling monthly basis. Payments will continue to be drawn until cancelled by you. IT IS THE MEMBER'S RESPONSIBILITY TO CANCEL PAYMENTS VIA THEIR BANK.**  
**Notice of cancellation can be given by email via [Torfaentri@gmail.com](mailto:Torfaentri@gmail.com) please provide your full name and member number. Notice must be given before the 15<sup>th</sup> of the month preceding the next payment date.**
3. Persons wishing to become members must complete a Membership Form, and a Fitness Declaration accompanied by payment covering the annual membership fee.
4. If the person wishes to participate in Torfaen Tri swim sessions monthly fees are payable in advance by Standing Order and will be debited on or just after the 7<sup>th</sup> of each month.
  - a. **If a member does not attend one of the swim sessions having purchased this level of membership, they will not be entitled to a refund of membership fees.**
  - b. **Members will only be permitted to use the facilities provided their level of membership is current and fully paid up.**
5. **Safeguarding Children**  
Our Partner Clubs at Pontypool District Runners and Torfaen Dolphins have established policies and procedures for safeguarding children. Pontypool Road Cycling is primarily a social club and does not have these policies in place. Therefore all members under the age of 18 must be accompanied by a parent or guardian if attending any outdoor cycling sessions.
6. **Membership Cards**  
Each member will be issued with a TLT Leisure Card. This leisure card will act as the individual's membership card to Torfaen Triathlon, and will grant access to Torfaen Tri swim sessions if this level of membership has been selected. Members must present the membership card on each visit to a TLT leisure centre before using the facilities. Any loss of membership cards must be reported to a TLT leisure centre immediately. There is an administration charge per replacement card payable to Torfaen Leisure Trust.
7. **Photographs**  
Once your application has been processed TLT will ask to take your photograph when you visit one of their facilities. This enables TLT to store your image on file and protects your card against misuse. Torfaen Tri may also take photographs of members during training or events to use for future advertising. If you would prefer not to have your photograph taken for these purposes please advise us using the email listed above.
8. **Personal Information**  
The details that you provide will be stored securely and will not be passed onto any third parties with the exception of Torfaen Leisure Trust, Pontypool District Runners, Torfaen Dolphins and Pontypool Road Cycling who all require your membership details in order to allow you access to their facilities / services. Torfaen Triathlon and Torfaen Leisure Trust may occasionally contact you to make you aware of any special offers or events that may interest you. If you would prefer not to receive this information please inform us in writing. You can also unsubscribe to unwanted emails by clicking on the link at the bottom of the email.
9. **Insurance**  
**Torfaen Triathlon strongly recommends that all members register with Welsh Triathlon** who will offer personal liability insurance for individuals training for or competing in triathlon events.
10. **Use of Equipment**  
In the absence of any negligence or breach of any other legal duty by Torfaen Triathlon, the use by the member of any Torfaen Triathlon equipment or facilities is entirely at the member's own risk. It is the member's responsibility to ensure that they do not suffer from any medical conditions which would prevent them from safely using the equipment.  
**All Torfaen Triathlon members must complete a fitness declaration prior to any participation**  
The member acknowledges that they must not use any equipment unless they are satisfied that they are competent to do so safely and properly and must request assistance from a club coach if they are unsure.  
The members must use the equipment and facilities safely and properly, and take care to safeguard their own health and safety and that of other members. Torfaen Triathlon will not be held responsible for any loss or injury to the member to the extent that it is caused by their own unsafe or improper use of the equipment or the facilities. The member acknowledges that they will be responsible for any harm or injury that they cause to another member or to a TLT leisure centre to the extent that it is caused through their own unsafe or improper use of the equipment or the facilities. The management committee reserves the right to suspend membership at any time if a member does not adhere to safe and proper use equipment or does not demonstrate safe and proper conduct as instructed by coaches or committee members.
11. **Valuables and Liability**  
In the absence of any negligence or breach of any other legal duty, Torfaen Triathlon and TLT shall not be responsible for, or liable to the member for any loss or damage to a member's possessions which are not locked into one of the lockers provided in TLT centres. The member will not place any combination of items worth more than £100 into a locker. It is the member's responsibility to check that the locker is properly locked and secure before leaving their possessions in it.  
The member will be responsible for any loss or damage to their possessions to the extent that they have not carried out their duty to check and secure the locker used and has placed items worth more than £100 into the locker. Torfaen Triathlon and TLT will not be responsible for the actions of a third party. Members are not permitted to store items in TLT lockers whilst they are not attending the facility.
12. **General**  
Torfaen Triathlon may, from time to time, change or add to these terms and conditions for security, legal or regulatory reasons. We will give you at least thirty days written notice of any change or additions.

# Torfaen Triathlon Club



PLEASE COMPLETE IN CAPITAL LETTERS:

\*Name:.....

\*Sex: Male  Female

\*Member ID:.....

\*Date of Birth:.....

Email:.....

\*Tel No.:.....

\*Address:.....

\*Postcode:.....

**\*Mandatory Fields**

## Health Check Questionnaire:

**Before participating in physical activity with Torfaen Triathlon Club it is important for your own safety that you answer the following questions. Please tick as appropriate.**

	Yes	No
Have you been told by your doctor that you suffer from a heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have chest pains brought on by physical activity or have you developed chest pains in the last month?	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever suffer from dizziness that results in loss of consciousness or falling over?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a bone or joint problem that could be aggravated by exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever recommended medication for your blood pressure, diabetes or breathing difficulties?	<input type="checkbox"/>	<input type="checkbox"/>
Are there any other reasons why you should not participate in physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered yes to any of the above, please give details.

### **Yes to one or more questions**

You must consult your doctor before taking part in physical exercise and before you participate in triathlon training. We recommend that you talk to your doctor about the kinds of activities you wish to participate in and follow their advice.

### **No to all questions**

You can begin training with us however, you are advised to begin slowly and build your progress gradually.

## **Fitness declaration and safety agreement**

I wish to embark on a programme of physical activity including cycling, running and swimming including spin bike machines. I hereby affirm that I do not suffer from any condition which prevents my participation in an exercise programme.

I hereby release Torfaen Triathlon Club, its Trustees and Coaches from any claims, demands and causes of action arising from my participation in this exercise programme. I agree to abide by the conditions of use as stated in this document.

I fully understand that should I injure myself as a result of exercise participation that I hereby release Torfaen Triathlon Club its Trustees and Coaches from any liability now or in the future.

\*Print Name:..... \*Date Signed:.....

\*Signature of Member:.....

\*Signature of parent or guardian (for members under 18):.....



# Torfaen Dolphins Standing Order Instruction

Please complete this form in BLOCK CAPITALS

Bank: \_\_\_\_\_ (Your Bank)

Branch: \_\_\_\_\_ (your Branch)

Sort Code: 

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Account Number: 

--	--	--	--	--	--	--	--	--	--

Account Holder's Name: \_\_\_\_\_ Date: \_\_\_ / \_\_\_ /20\_\_\_

PAYMENT REF: (please write member's name): \_\_\_\_\_

Contact Telephone Number: \_\_\_\_\_

Beneficiary Reference: **HSBC Bank plc**

Beneficiary Sort Code: 

4	0	3	4	1	0
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 Beneficiary Account Number: 

0	1	2	6	9	9	7	6		
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Name of Beneficiary: **Torfaen Dolphins Performance Centre**

Amount (\*): £ \_\_\_\_\_ (please write amount) Date of first payment: \_\_\_ / \_\_\_ /20\_\_\_

Date of final payment: **Until Further Notice**

Due date and frequency of payments: **7<sup>rd</sup> of each month and monthly thereafter**

# Torfaen Triathlon Club



Special Instructions: **Please quote member's name as reference above:**

**Membership fees are as follows:**

**Existing TLT Gym Members (Direct Debit or Annual Payment Members Only) - £10.00 per month**

**Non-TLT Gym Members - £16.00 per month**

Signature:

Date: \_\_\_/\_\_\_/20\_\_\_

***\*Note: Please complete this form and submit to your bank. You may also set up a standing order online if you use online banking.  
It is important to quote your full name as the payment reference***

***Please Note: If a swimmer leaves then it is the responsibility of the person who makes the payment to ensure this Standing Order is cancelled with their bank. Failure to do so could result in unnecessary payments being made. Cancellation of the Order will prevent access to the Torfaen Triathlon swim sessions.***