

## Irvine Running Club Induction Pack (Adults)

Welcome to Irvine Running Club! Please read this to help you get familiar with the club and how it operates.

**Membership:** The forms and documents that you need are on the website in the 'Contact Us' section (<http://www.irvinerunningclub.co.uk/>). To join the club you should:

- agree to abide by the *Code of Conduct*.
- read the *Privacy Statement* as this tells you about how we use the information that you provide in the membership form.
- read the *Constitution* of the club which gives a bit more information on the way the club is set up.
- read and abide by the suggested measures in the *Generic Risk Assessment*.

You should complete a membership form every year and give it to the membership secretary. Once you have joined you will be given a key card that gives you access to the Sports Club.

**PARQ:** New members should complete a *Physical Activity Readiness Questionnaire* which asks about relevant health information, and emergency contacts. This is also given to the membership secretary.

**Fees:** The current fees are £60 per year, and £30 for retired members who are at least 60 years of age. The most convenient way to pay is by standing order (monthly or annually). For those who also wish to use the 24hour gym at the sports club the combined club plus gym membership is £192 pa (£16 per month) for senior runners and £156 (£13 per month) for retired runners.

**Club nights:** We meet at the door of Irvine Sports Club (Marress Road) on Tuesdays and Thursdays at 6.45pm, in order to be ready to run from 7pm to 8pm. There is a weekly rota of activities e.g. track, trail run, long run, fartlek, hills etc. There are changing rooms and showers available. Some members also meet up on Saturdays at Parkrun, and on Sundays for longer runs.

**Club clothing:** Each new member is issued with a red club vest. Other clothing is available to order online from a link on the website.

### Club Championship

There are annual trophies awarded for male and female runners with the highest 'age grading' at various distances. The form is on the website under 'Contact us'. There is also a trophy awarded for endeavour.

### Club Races

The club organises several events each year: the Jim Young Marymass 10k, Chick Forbes Handicap Race, Xmas Handicap and the Cyclists v Harriers race. The dates for these are on the website, along with the Ayrshire Championship Races.

**Race Fees**

The club covers the cost of race entry for club relay teams, or if you are competing at National level.

**Who's who?**

The club is run by a committee. This consists of President, Treasurer, Secretary, Membership Secretary, Male and Female captains, Ayrshire Harriers rep, Website and IT rep, and several other committee members. Anyone can stand for election for these positions at the Annual General Meeting in March. The list of people who are currently on the committee is on the website. Please contact one of them if you would like to raise an issue for discussion at the committee.

**Social Media and Communication**

The club website contains most of the above information. There is also a members Facebook page, and a WhatsApp group. Ask one of the committee about getting access to these.

*This document was approved on 7/5/19 and is due for review in May 2021.*