

Crowborough Hockey Club **Adult** Membership Form 2020/2021



All current and prospective members of Crowborough Hockey Club (CHC) are required to complete this registration form and return. A Standing Order needs to be arranged before selection for the league season. All details will be kept in a secure database with access restricted to authorised club officers only.

SECTION 1: MEMBER CONTACT INFORMATION

Player's Full Name		Title Mr/Mrs/Ms	
Email please write clearly	-----		
Address 1		Date Of Birth	
Address 2		Home Phone	
Town		POST CODE	
		Mobile Phone	

SECTION 2: MEMBERSHIP TYPE

MEMBERSHIP TYPE	PLEASE TICK AS APPROPRIATE		
Senior	Male		Female
Youth / Student (16+ in Full time education)	Male		Female
University Student	Male		Female

SECTION 3: MEMBER INFORMATION (Information in this section is optional and will be used for club development purposes only)

STUDENTS – What school/college or university do you attend?
NON-STUDENTS – What is your occupation?
Would you be interested in learning to coach and or umpire? (Please state)
Would you be interested in being a team manager or club officer? (Please state)
What skills do you have that could help develop the club? (e.g. web design, accounting, printing, planning, sponsorship, etc)

SECTION 4: MEDICAL INFORMATION & CONSENT

In case of emergency and as part of the club's responsibility to its membership, ALL club members are required to complete this medical information form as accurately as possible. Details will be held securely with access restricted to authorised club officers only.

Next of kin		Relationship		Mobile Phone	
Doctor's Name		Surgery		Doctor's Phone	
As far as you are aware, are you allergic to any drugs? (Please state)					
Are you taking any regular medication? If so, for what reason?					
Do you have any long term illnesses or injuries?					
Declaration: I consider myself to be physically fit and capable of full participation and agree to notify the club of any changes to the medical information provided. Furthermore, in the event that I am injured I give my permission for the team managers/coaches appointed by Crowborough HC to obtain emergency medical treatment on my behalf.					
Signed		Date			

SECTION 5: CONSENT (must be signed and dated)

GDPR: I consent to CHC holding data on me in a club database and sharing that data with club officials for the purposes of club administration, and with Sussex and England Hockey. You have a right to see this data on request, and the right to have it deleted if you choose, on leaving the club. I agree to CHC sharing my email address and other contact details with Sussex Hockey and England Hockey if required.

INSURANCE: The Club's Public Liability Insurance does not cover individual players, who participate at their own risk. The Club cannot be held liable for injuries sustained. However, the Club is providing LIMITED personal accident insurance within the membership cost. You may choose to arrange your own more enhanced cover. I have read, understood and accept the insurance which the club holds, details of which are located on the club website.

PERSONAL PROTECTION: It is the responsibility of the player to ensure that the correct personal protection equipment is worn. The club strongly recommends that a gum shield and shin pads are worn at all times. Additionally, box protection for males and facemask for everyone should be worn during short/penalty corners, but not limited to these activities. The club is not responsible for injuries sustained whilst playing hockey.

This information will be used to keep you informed about Club events and to contact you in the event of an accident or incident. Some of the information is required to comply with the England Hockey Equity Policy, which has been adopted by the Club. Your details will not be passed to any other third-party organisations.

I hereby accept and acknowledge all of the above, including the Club Rules which are located on the website.

Signature		Date	
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Please return this form, duly completed, to the Membership Secretary or Treasurer



Good practice and responsible hockey behaviour for Players, Parents, Spectators etc....

Please adhere to the following guidelines:

Everyone

- Please Do not swear (our members range from 7 to 70, little ears should not hear certain words)
- Treat all players, officials, and spectators with respect.
- Encourage - Never Discourage.
- Stay calm - it's only a game
- Play hard but play fair - Good hockey wins

Players: Before match day

- Keep your captain up-to-date with your contact details.
- Let your Captain know your availability as far in advance as possible, minimum is the Saturday before.
- Check the website and teams. We all play for Crowborough. NOT a specific team, anyone can move up and down the sides.
- Check your meet time and be there. Let captains know if planning to go direct.
- Try and arrange transport or help with transport. Don't assume the same people will drive every week.

The night before a game.

- Fuel yourself, hydrate, and get a good night's sleep.

Pre Match

- Take time to warm-up, before you pick up the stick. Everyone needs to do this especially when very cold.
- Get your head in the right place - Passing with a partner, then moving, then small games.
- DON'T stand and pelt the goalie with ridiculous shots, this helps no one.
- Hydrate in warm-up, keep layers on until ready to play.
- Listen to captains briefing and positions and chat to players you need to link with.
- Short corners are worked out at practice, not with the opposition watching. A few pull outs is all that should be done to get used to the surface.

Match time

- Play Hard from the start.
- Sub when you are tired, Rehydrate.
- Think Pitch Behaviour, Swearing is unacceptable on a pitch.
- Respect the Umpire even when they are WRONG - You cannot play without one.
- Sometimes less is more, and silence is golden. If called over, say nothing except **Yes** and **Sir/Ma'am**
- Listen to team talk at half time, try to put 3 points into action.

Post-Match

- Etiquette: Thank opponents, shake hands, 3 cheers. Thank Umpire. Be civil whatever the result. Listen to captain for team talk.
- Warm-down, if only a short jog and stretch, ideally with the team. Play together- stay together.
- Give Captain your availability for the next week.
- Have a shower - Basic hygiene.
- Come to the club for teas and chat - this is part of the point of hockey even if you can only stay for 30mins or less, come back.
- Help out with teas, set up, clear away, wash up. If everyone does a little no one has to do a lot.
- Opposition always eat first. This is tea room etiquette.
- Do not be surprised if you don't feel part of the team if you have not contributed off the field.

Spectators

- Please be considerate of others. Cheer, Not Jeer.
- Please respect opposition supporters even if it is not mutual.
- Don't heckle umpires, it only goes against us, they do make mistakes and it is not an easy job.
- Please stand back from the side line, don't get in the way.
- Keep an eye on your little ones – hockey balls can hurt and break them. Ideally keep them outside the fence.
- No swearing should be heard pitch side.

**Thanks for trying to stick to these guidelines –
the future is bright; the future is orange**

Information for you to retain

Part One - Subscriptions

Subscriptions for the 2020-2021 season, payable by monthly standing order for 12 months, are as follows:-

MEMBER TYPE	DESCRIPTION - <i>Standing Order</i>
SENIOR	Men - £26.25 per month, payable for 12 months
	Ladies - £23.75 per month, payable for 12 months
YOUTH / STUDENT (16+ in Full time education)	Men - £21.25 per month, payable for 12 months
	Ladies - £19.40 per month, payable for 12 months
JUNIOR (up to 16 - League games)	Boys - £14.40 per month, payable for 12 months
	Girls - £13.15 per month, payable for 12 months
Under 12	£3 per session (pay cash at gate) No membership fee.

To set up a Standing Order

- Go to:- www.crowboroughhockeyclub.co.uk
- Select:- Main menu, Membership, then scroll down to Standing Order Instruction, Download now.
- Take form to YOUR bank or set up online

Part Two - This is a copy of what you agreed to, on the membership form. *Please keep for reference*

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