

## **FRC membership process**

*Version 1 - 2026 03 05*

### **Membership process**

For a brand new member the first step is to complete the Physical Activity Readiness Form (PARQ form). This is based on an England Athletics (EA) template with some modifications to include additional detail about current ability and goals.

The club will contact the person who has completed the form and establish a conversation to get them to come along and try out the club to see if we are each a good fit for the other. The wording of the PARQ form describes that the applicant is invited to join us for around six sessions to get a feeling of us. This isn't a hard and fast rule and if, for example, the person could only come once per month it would be reasonable to expect them to join after the first couple of sessions, conversely it would be unreasonable for them to have six months free membership.

Membership is processed through a platform called 'Connect My Club' (cMC). An individual can sign up to cMC but will need to be given the club code in order to see club activities. As part of gaining access to the club's areas the user will be presented with an application form and required to make a payment. It is expected to only pass on the code when the person is interested in becoming a paid up member.

This process is initiated through the club website.

Application for membership is not automatically approved. Technically ALL applications are subject to approval by the club committee, in reality most applications are accepted on behalf of the committee but if, for example, an unknown person completed the form and paid the fee this would not make them a member. They would be encouraged to come to the club before approval.

### **Membership categories**

The two main types of membership are Single and Family. Single membership is for one person, whereas Family is for up to four family members who live at the same address. Members can opt to take up EA affiliation in either category.

We also offer second claim membership. General second claim membership costs the same as first claim membership and can be either single or family. We also have an arrangement with Three Counties Running Club which permits a free second claim membership. This can be selected at registration into the club. If a user selects this who is not a current member of Three Counties, they will be rejected.

Life membership and Over 70's membership. We have one life member and a number of people who have been nominated for free membership as they passed their seventieth birthday. This is not an automatic age related perk, it is based on merit. If a new member joins who is over seventy they will not qualify for the category until they are nominated and approved by the committee.

Life members and Over 70's must complete the membership process each year even though no payment is required because we need consent from them to maintain their details on our system.

If members of the free categories wish to affiliate to EA they do so at cost, this is not included in the free part of their membership.

### **Annual subscriptions**

The membership year runs from April to the end of March. Members who wish to continue being a member of the club should renew their membership as soon as possible after 1st April.

Renewals are processed through cMC.

Brand new members joining between January and March roll over to the following year, ie. they get up to fifteen months of membership. This is not extended to returning members after an absence.

The 'free' membership period of six weeks described above should also not apply to returning members as they already know us and if returning should intend to renew their membership from the off.

This is based on the way EA applies payment rules for affiliated status.