

Blomidon Multisport Club 2014 Membership Form

Annual Membership

- Our Blomidon Multisport Club (BMC) annual membership runs from April 1st- March 31st each year, however members can join at any point in the year.
- A General Membership is currently \$5/year and covers members with Recreation Nova Scotia insurance when engaged in club activities such as group runs, rides, snowshoeing or other group fitness activities.
- Program Fees will be set for any specialized training programs that are coached or that involve facility or equipment costs.

Note: There is a possibility of an additional type of membership being offered in the near future that would include a full facility membership to Acadia Athletic Complex and depending on total numbers, may reduce facility booking costs and swimming fees for the club. We will be asking for members to express their level of interest in this type of membership as the "deal" requires a minimum of 40 people to be interested. Based on this number, individuals would be looking at an incremental fee of about \$200 / per year which as you are aware is a very good deal for any fitness facility membership.

Please email us at blomidonmultisportclub@gmail.com or visit us at wolfvilletriathlonclub.wordpress.com to let us know if this type of membership is of interest.

Membership Benefits

- **General Membership = \$5**
- Recreation Nova Scotia Insurance,
- Open water swimming when water temperature permits
- Bike / Run "brick" workouts
- Group Rides
- Opportunities to take part in coached swim, bike and run clinics
- Non – Coached Group Runs
- Password to access workouts on the website
- Social events and possible cross training opportunities

Swimming Fees

If you wish to swim, due to the cost of life guards etc. there is an additional charge, pick an option that works for you:

- Next session to start Wed March 19 and Sun March 23 through Wed May 07 and Sun May 11
- Rates \$72/1x week; \$144/2x week;
- Students \$30/1x week; \$60/2x week

These fees do not include an Acadia Athletic Complex Membership but cover costs of pool rental and lifeguarding costs.

Coached Running Programs

Learn2run 5km & 10 Km programs: \$75- includes general Membership to Club. Spring 2014 session begins 6 PM Monday, March 17th and will run for 12 weeks.

Learn2Train for a Half or Full Marathon program is offered with coached sessions 1X per week or 2X week. Fees are based on number of coached sessions per week: 1X is \$75 and 2X is \$125. The next session will begin in June with a Fall Race as a goal.

Kids Just For Fun Run Club will be offered if there are enough volunteer coaches from our membership to run the Saturday morning sessions from March to June. Please email if interested in helping out!

Kids Triathlon Program

We are planning to re-offer the popular Kids Triathlon again this spring and perhaps this summer. Sessions will 1X per week and for 8 weeks each session (May/June and July/August). Fees to be set upon confirmation of funding.

Please return forms in person to the coach of the program you are participating in.

Blomidon Multisport Club Membership Form and Athlete profile

Personal Information All information will be kept confidential on file and used in case of emergency

Name *	
Mailing Address *	
Home Phone *	
Work Phone	
Cell Phone	
E-Mail Address *	
Emergency Contact Name & Phone #*	
Gender *	
Date of Birth *	
Age on December 31, 2014	
Health card #	
Medical Conditions/Medications Past injuries	
If applicable Triathlon NS #	

Goals for 2014 To assist the club in helping you reach your goal this year, please check all that are appropriate:

- | | |
|--|---|
| <input type="checkbox"/> Get Fitter | <input type="checkbox"/> Complete my first Sprint Triathlon |
| <input type="checkbox"/> Be Active in a fun social environment | <input type="checkbox"/> Improve my Sprint time |
| <input type="checkbox"/> Improve my running | <input type="checkbox"/> Complete first Olympic Triathlon |
| <input type="checkbox"/> Improve my cycling | <input type="checkbox"/> Improve Olympic time |
| <input type="checkbox"/> Improve my swimming | <input type="checkbox"/> Complete a half ironman |
| <input type="checkbox"/> Run a 5km /10km / half marathon / full marathon
Race (Circle as appropriate) | <input type="checkbox"/> Improve half ironman time |
| <input type="checkbox"/> Swim in a swim meet/ open water swim | <input type="checkbox"/> Complete first Ironman |
| <input type="checkbox"/> Complete a Duathlon (Run,bike,run) | <input type="checkbox"/> Improve Ironman time |
| <input type="checkbox"/> Complete my first Tri-A-Tri | <input type="checkbox"/> Other _____ |

I hereby make application to become a member of Blomidon Multisport Club. I have read the privacy release and agree with WTC's collection and use of my personal data. I have read and accept the waiver and indemnity.

I permit the certified Coach to call for medical assistance if a situation arises where I am unable to communicate personal needs

Signature* _____ Date* _____

Name* _____

***(mandatory field must be filled out)**

Blomidon Multisport Club Privacy Notice, Release and Waiver

Privacy Notice

Blomidon Multisport Club will not rent, sell or otherwise make your personal information available to any third party without your permission. The information you provide BMC will be used to maintain membership records and communicate info regarding events and races. It is also used to help develop new programs.

BMC Release, Waiver and Indemnity

I am aware that there are risks, dangers and hazards inherent in athletic activities, and in my preparation for, travel to or from, and participation in any running, swimming, biking, or event organized, operated or sanctioned by BMC. I also understand that BMC training sessions are informal workouts for the enjoyment of the members and that these sessions are conducted on public and/or private property where no special privileges are granted to the membership.

These risks, dangers and hazards include, but are not limited to:

- Injuries resulting from vigorous physical exertion and strenuous cardiovascular workouts;
- Injuries resulting from falls to the ground due to uneven or irregular terrain or surfaces;
- Extremes of weather and temperature which may result in heatstroke, sunstroke or hypothermia;
- Injuries resulting from failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- Injuries from colliding with or being struck by other participants, spectators, equipment or vehicles;
- Risks associated with travel to or from training or competition locations; and
- Additional risks associated with non-competitive activities which are often an integral part of competitive events.

I UNDERSTAND AND ACKNOWLEDGE that WTC activities have inherent dangers that no amount of care, caution, instruction, or expertise can totally eliminate. I expressly and voluntarily assume all risk of death or personal injury sustained while participating in WTC activities whether or not they are caused by the negligence of the released parties.

I HEREBY RELEASE AND DISCHARGE Recreation Nova Scotia, Triathlon Canada, Triathlon Nova Scotia, BMC, other associated clubs and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials OF ALL CLAIMS, demands, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property. This includes, but is not limited to, losses caused by the negligence of the released parties.

SIGNATURE* _____ DATE: _____

I Consent /Do not consent (**Delete the one that does not apply**) to the use of any likeness taken of me at a BMC sanctioned event and/or activity and BMC to be used in any print, video or web promotions. BMC will not sell or give that right on to another party

SIGNATURE* _____ DATE: _____
