**SOUTH KENT HARRIERS Induction Pack (Adults)**

Welcome to South Kent Harriers Please read this to help you get familiar with the club and how it operates. Some of the details may be changed due to COVID-19.

**Membership**:  The forms and documents that you need are on the club app or see Barbra

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 and abide by the suggested measures in the *Generic Risk Assessment*.

You should complete a membership form and give it to the membership secretary.

This will include relevant health information, and emergency contacts.

**Fees**: The current fees are £40 per year for membership including UKA affiliation and £25 for members who are social runners.  The most convenient way to pay is by bank transfer or to Barbara Hunt

**Club nights**: We meet at Folkestone Rowing Club on Tuesdays and Thursdays at 6.00pm, in order to be ready to run from 6.15pm to about 7.20pm. There is a weekly rota of activities e.g. track when completed, trail run, long run , intervals , fartlek , hills etc.  There are toilets, changing rooms. Some members also meet up on Saturdays at parkrun , and on Sundays for longer runs.

**Club clothing**: Each new member can purchase orange and white club vests or t-shirts from Barbara Hunt. Other clothing is available to which can be ordered with Barbara Hunt or Sarah Harvey .

**Club Races**

The club Handicap Race, along with the Cross Country Championship , Cross Country Vets Championship, Cross Country League , East Kent Road Relays . The dates for these are on the Club app

**Who’s who?**

The club is run by a committee. This consists of President Barry Watson, Chairman Pete Russell, Treasurer Barbara Hunt, Membership Secretary Barbara Hunt, Secretary Rebecca Edwards, Welfare Officers Lee Brewer & Rebecca Edwards, Club App and IT rep Lee Brewer, and several other committee members. Anyone can stand for election for these positions at the Annual General Meeting in March. Please contact one of them if you would like to raise an issue for discussion at the committee.

**Coaches**

**Level 2 Barry Watson, Pete Russell, Andy Fogg**

**Level 1 Mike Hayley, Barbara Hunt, Mel Satchwell, Gray Frake, Shelia Eade**

**All new members should run with Pete Russell or Barry Watson groups for assessment and if Mike Hayley group is more suitable they would be informed of the earlier start time for Mike Hayley’s group**

**Social Media and Communication**

The club App 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 12/3/22, And review in March 2023.*