## Memberships are due

The 2010 memberships are now due (January) and must be paid no later than the end of February 2010.

This years membership has been calculated at £16 per member which includes full Sporting Dynamite membership along with Full UKCA membership. As per the requirements of legislation this membership fee also includes a contribution towards the clubs insurance policy which covers all members, helpers, coaches and staff in the event of injury.

Please note: As a condition of our insurance we have been instructed to tell our members that the Gymnastics/flexibility training that we run at the club is classed as a level 2 Hazardous Activity. As proof we therefore request that all persons taking part in this training sign a document stating that they have been informed.

Our insurance company has informed us that this in no way affects or compromises our/your insurance cover or statutory rights.

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