

Cook Islands Modern Pentathlon

Membership Form – 1 April 2024 to 31 March 2025

Personal details of member:

Full Name	
Date of Birth	
Phone number	
Email	
Address	
Relevant Medical information	
Type of Membership	

Membership types:

- Full member: \$40
- Associate member: \$20
- Para Athlete: Y/N

Sports of interest

Please tick the events you are interested in.

Event	Disciplines	Interested
Full Modern Pentathlon	Swimming, fencing, Obstacle, laser-run	
UIPM Tetrathlon	Swimming, fencing, laser-run	
Pony Club Tetrathlon	Swimming, show jumping, high point shoot, run	
Triathle	Swimming, laser-run	
Biathle	Swimming, running	
Laser-Run	Laser-run (run shoot combination)	
Obstacle	OCR / Ninja / Adventure	

Competing Internationally

If you are looking to compete Internationally, then you will need to meet the High Performance Selection Criteria, and agree to relevant High Performance policies.

These can be requested from the President or found on our website:

<https://modernpentathlon.nz/cook-islands-modern-pentathlon/>

Payment details:

Account Name: Cook Islands Modern Pentathlon

Account Number: 02-0316-0545269-005

Cook Islands Modern Pentathlon

President – Ruth Mave

tfcraro@gmail.com

Ph: +682 51 418

Facebook Group: <https://www.facebook.com/groups/251532747698264>

Signature of member

Name and contact number (parent/guardian details and signature if member is under 18):

Signature: _____

By agreeing to become a member, the athlete agrees to abide by all relevant CIMP policies and requirements (tick)

Privacy Policy: Cook Islands Modern Pentathlon store information provided by members in accordance with Cook Islands privacy laws. Your information will not be shared with third parties, unless it is being used to enter an athlete in overseas events, in which case the athlete will be notified. Should you have any questions or concerns, please contact the CIMP President.

Disclaimer: CIMP is run by volunteers. CIMP accepts no responsibility for any injury suffered while taking part in any activity or training organised. It is the association members responsibility to ensure that they are physically and mentally fit to train and compete. Should an athlete have any health concerns before competing or training, then it is recommended that they seek the advice of a medical professional.

YES/NO for photo permission

Note: If you agree YES CIMP may include photos of yourself on relevant Modern Pentathlon social media sites. Only first names will be used.

Cook Islands Modern Pentathlon

Social Media Policy 2024-25

Social media allows individual to provide their thoughts, reply to others, and share exciting moments, experiences and achievements in our Sport.

Cook Islands Modern Pentathlon (CIMP) believe the social media has a valuable and vital role to play in the sport of Modern Pentathlon, both in Cook Islands, New Zealand and Internationally, and can serve increase athletes and the profile of the sport.

The purpose of this document is to provide members with guidance when posting on social media, and to detail CIMP's principles and requirements, as well as potential consequences if applicable.

For this policy, social media includes, but is not limited to:

- Blogs/Vlogs
- Social networks
- Mobile phone applications
- Messages via a digital device.

Guiding Principles

The following guiding principles are the core of this policy.

Area	Details
Social Media Posts	<ul style="list-style-type: none">• Information shared on social media appears in public so careful consideration should be given to content before it is posted.• Information shared within online communities could have implications for the sport and those associated with it.• Information shared online can be difficult, if not impossible, to retract. A comment may be able to be removed but the very nature of social media encourages a person to share information which makes it difficult to know where the information may finish up.• You should assume that all posts and information shared via social media can be traced back to you.• People will make assumptions about what you're like based on what you write and say.• When sharing information online, remember that you may be considered as holding yourself out as a spokesperson for CIMP.• If in doubt don't post it!
Defamation	<ul style="list-style-type: none">• Do not make defamatory, disrespectful and hateful comments about individuals or organizations.• Do not insult or say anything that could be construed as offensive.

The reputation of Modern Pentathlon	<ul style="list-style-type: none"> • You should not bring CIMP or the sport of Modern Pentathlon into disrepute. The use of obscene language and threatening comments targeted at an individual or organization will not be tolerated. • Comments which are contrary to the spirit and integrity of sport will not be tolerated.
Uniform	<ul style="list-style-type: none"> • When you are wearing a local or Cook Islands Modern Pentathlon Uniform, it is important to remember that you are representing the sport and should not bring the sport or the association into disrepute. • This needs to be kept in mind when taking photos, or providing social media posts.
Olympics / Para Olympics	<ul style="list-style-type: none"> • If selected to participate on other teams or in major events such as the Olympic Games and Paralympic Games, you may also be required to adhere to the guidelines imposed by the governing bodies of those organizations.

Consequences of failing to adhere to this policy

- If you fail to follow these guidelines, CIMP has the right to issue you with a take-down notice. Representatives who are found to not comply with a take-down notice will face disciplinary action.
- Repeated breaches of this policy could lead to disciplinary action. CIMP also has the right to administer sanctions and take legal action.
- In addition, as with any form of public communication, online communication can also be subject to legal proceedings. You should be mindful that unsubstantiated claims, false statements, defamatory, offensive and threatening comments could lead to prosecution.

Approved by

Athlete agreement and signature

Ruth Mave
President – Cook Islands Modern Pentathlon

Date: _____