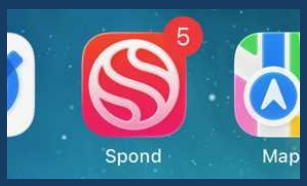
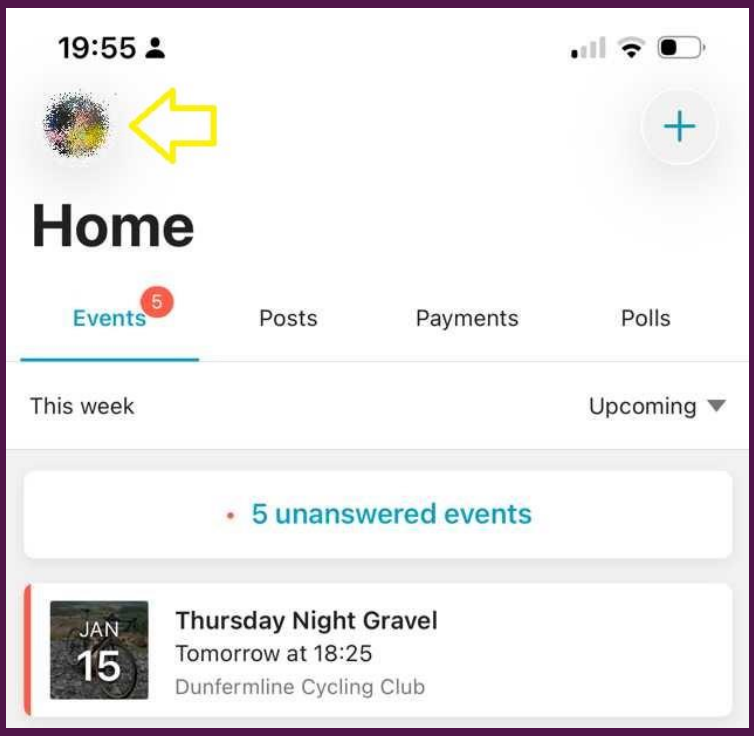
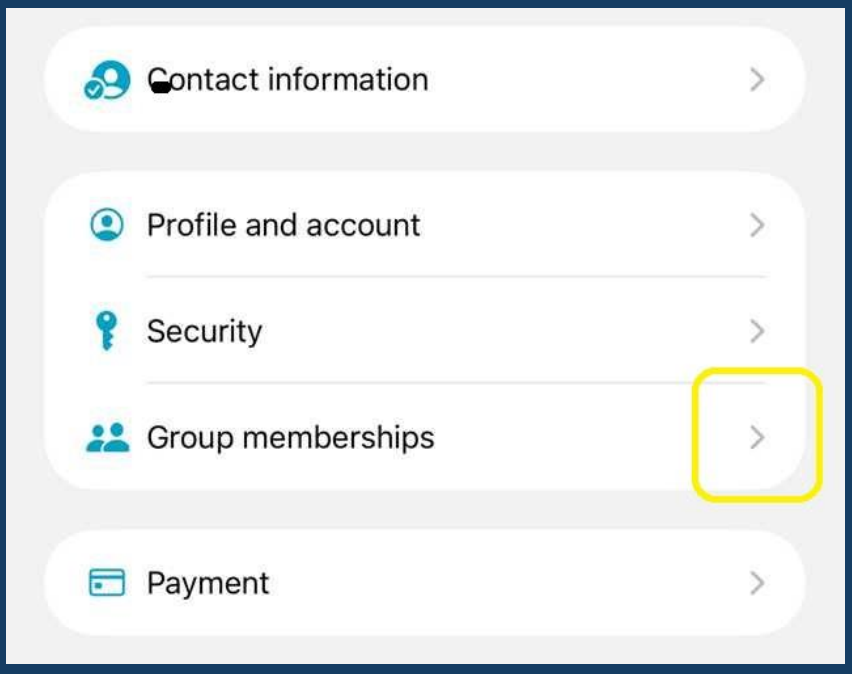
Open the Spond App on your smartphone.



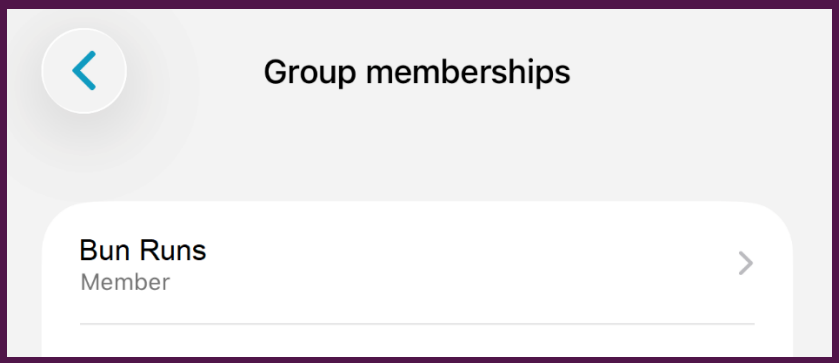
On the Home screen tap on your profile picture, top left.



On your Profile page, tap on Group Memberships



On the Group memberships screen tap on any one of the Dunfermline Cycling Club groups. (e.g. Bun Runs)



At the bottom of the next screen, you will see the Emergency Contact field. Tap the pencil/edit icon on the right and enter the mobile number of the person who should be contacted in case of emergency.



You can include a name here as well.

When done, tap Save (top right)