

Team Vitality – Benefit guide

What the membership offers

As part of Team Vitality Running or Cycling Club, you'll get the most rewarding race-club experience in South Africa. For your membership fee, you'll get:

- A premium running and/or cycling race kit*
- 50% back on many popular races
- Delicious food, fruit, coffee and drinks from Woolworths, including a warm sense of community, after select races at our VIP hospitality tent
- 50% off your Strava subscription
- 25% off your In-Case-of-Emergency Identification (ICE ID) bracelet
- Move My Bicycle Transport discount (For cycling club members).

***Please note:** All Team Vitality members receive a new running, cycling or both kit every two years, depending on their membership.

Who may use the membership

Anyone who is 18 years or older can join Team Vitality at any time during the year. You can join Team Vitality if you have a Vitality membership, Vitality Active membership or as a public member with no Vitality membership.

Members between the ages of 16 and 18 years old can join Junior Team Vitality if they are a dependant on your Vitality Health membership.

Your Team Vitality membership is valid from the date of acceptance until 31 December of the year in which registration takes place. You will only be entitled to claim benefits from the date of acceptance, and you need to renew your membership every year.

What you pay

Everyone who joins Team Vitality will pay an annual membership fee. The membership fee for the year depends on the sporting discipline you have chosen. Your rates and benefits differ depending on whether you have an active Vitality membership or not.

When you register your membership, you can opt in for Team Vitality to debit your chosen bank account each year. This enables you to continue to your Team Vitality benefits without interruption.

Vitality and Vitality Active members pay:

Membership	Cost
Running	R465
Cycling	R1,100
Combo (Running and Cycling)	R1,565
Running licence	R135

When you take up a Team Vitality membership and pay the membership fee, your membership fee is non-refundable. This means that we will not be able to refund you once the membership fee has been paid. This applies to Vitality, Vitality Active and non-Vitality (public) members.

If you choose to end your Vitality Active membership or Vitality membership, the ordinary [rules for the termination of a benefit](#) and Vitality or Vitality Active membership rules will apply.

If you choose to end your Team Vitality membership, the rules for a non-Vitality Team Vitality member will apply for the remainder of the year. As a non-Vitality Team Vitality member, you would need to email us at [Team Vitality Documents@discovery.co.za](mailto:Team_Vitality_Documents@discovery.co.za) and ask to have your membership cancelled.

Runners

Members living in Central Gauteng, Gauteng North, KwaZulu-Natal, Eastern Cape, Western Cape and South Western Districts have the option to purchase an ASA licence at an additional cost of R135 through Team Vitality. If you're from another region, you won't qualify for an ASA licence but can still join Team Vitality for all the benefits. For more information on the ASA application process, please visit <http://asa.saclubs.co.za/login>.

The cost of the ASA licence is included in the public Team Vitality membership fee. 'Public Team Vitality' refers to those Team Vitality members without an active Vitality membership who are not entitled to the benefits that would increase as a result of a Vitality or Vitality Active membership. Public members will only qualify for a licence if they reside in one of the licensed areas mentioned above.

Cyclists

Cyclists have the option to purchase a Cycling South Africa (CSA) licence by going to the CSA website: www.cyclingsa.com. On the website, you will need to apply and pay for your licence. Registration fees for races are not included in the activation fee and must be paid directly to event organisers.

Getting started

1. Visit the [Team Vitality](#) page on the Discovery website to activate your membership.
2. Choose your sport, confirm your contact details and pay your registration fee by credit or debit card (not Maestro cards) through the secure PayU website.
3. You will need to collect your kit from selected Sportsmans Warehouse stores or have it delivered to you through their online courier.

If you opted to pay for a running licence, you will be able to collect it from the following venues:

Central Gauteng

- 1 Discovery Place, Sandton, corner Katherine and Rivonia roads, Sandton
- Monday to Friday: 08:00 to 17:00
- Saturdays: 09:00 to 12:00

Gauteng North

- Discovery Store Menlyn Maine, Shop 35, 178 Bancor Avenue, Menlyn, Pretoria
- Mondays to Fridays: 09:00 to 18:00
- Saturdays: 09:00 to 13:00

KwaZulu-Natal

- The Discovery Store, Shop 7, Granada Square, Umhlanga Strip, 16 Chartwell Drive and OceanWay, Umhlanga
- Mondays, Wednesdays and Fridays: 11:00 to 15:00
- Saturdays: 09:00 to 12:00

Eastern Cape

- Sportsmans Warehouse, Shop 4, Moffett Retail Park, William Moffett Expy, Fairview, Gqeberha, 6001
- Tuesdays and Thursdays: 09:00 to 14:00

Western Cape

- Discovery Store Century City, Sable Park, Bridgeways, Century City, Cape Town, 7446
- Mondays to Fridays: 08:00 to 17:00
- Saturdays, Sundays and public holidays: 08:00 to 13:00

South Western District

- Sportsmans Warehouse,
- Shop 2, Eden Meander Lifestyle Centre, Cnr of Knysna Road and N2 Roads, George, Western Cape
- Tuesday and Thursday only 09:00 to 14:00

Please note: Public Team Vitality members can register at any of the above Discovery Stores.

Joining Team Vitality as a runner

If you live in Central Gauteng, Gauteng North, KwaZulu- Natal, Eastern Cape, Western Cape and the South Western Districts and are currently a member of a running club and want an Athletics South Africa (ASA) licence, you have to resign from your current club and send us your clearance letter.

Here's how to apply for a running licence:

Register on [ASA website](#) in order for Team Vitality to accept you as a member and verify your license details for **Gauteng North, KwaZulu Natal, South West**

District, western Province and Eastern Province.

1. Purchase your ASA running licence for R135 when you sign up for [Team Vitality](#).
2. Download the [ASA application form](#).
3. Complete the form and send it to ASAformteamvitality@discovery.co.za.

Central Gauteng:

1. Register as a new or existing runner on the Central Gauteng Athletics (CGA) [website](#).
2. Sign the form electronically or manually.
3. Forward the following documents to ASAformteamvitality@discovery.co.za:
 - o The completed and signed form from the CGA portal
 - o Your proof of payment.

Team Vitality will allocate a licence number to you, the applicant, on the CGA admin portal.

Please note if you are a new running member and have bought a licence, or you are renewing it, you will need to collect your licence from the venues mentioned above in the 'Getting started' section.

If you are renewing your Team Vitality benefit and have bought a running licence, we aim to give you the same licence number as the previous year; however, this is not always possible.

If you live in another region or you already belong to a running club, you can join Team Vitality as a social member without the running licence.

If you are a new member or a member renewing your membership for the second year, you will receive a welcome mailer once you have joined. This mailer will include a wiCode which you can use to collect your running kit from Sportsmans Warehouse stores in Canal Walk, Moffet Retail Park, Eden Meander Lifestyle Centre, Rondebosch, Centurion, Fourways, Sandton or Gateway. Alternatively, you can opt to have your kit delivered for an additional fee of R50.

Joining Team Vitality as a cyclist

- If you would like to apply for a Cycling South Africa (CSA) license, you can do so by visiting the [Cycling South Africa \(CSA\) website](#).
- If you are a new member or a member renewing your membership for the second year, you will receive a welcome mailer once you have joined. This mailer will include a wiCode which you can use to collect your running kit from Sportsmans Warehouse stores in Canal Walk, Moffet Retail Park, Eden Meander Lifestyle Centre, Rondebosch, Centurion, Fourways, Sandton or Gateway. Alternatively, you can opt to have your kit delivered for an additional fee of R50.

Renewal members

- As a renewal member, you are eligible for the full Team Vitality membership. Members living Central Gauteng, Gauteng North, KwaZulu-Natal, Eastern Cape, Western Cape and the South Western Districts have

the option to buy a licence at an additional cost through Team Vitality. As a Team Vitality renewal member, you will receive a new kit every two years.

- If you're from another region, you can join another running club in your region and get your own licence through them, then join Team Vitality as a social runner. As a Team Vitality social runner renewal member, you qualify for all other perks: VIP hospitality and 50% back on selected race entry fees.

The home-province rule

- An athlete will only represent the Athletics South Africa (ASA) province where they live.
- With the exception of a national athlete, an athlete will only be a member of a club if the athlete and the club are in the same ASA province.
- No athlete may relocate from one province to another without having a written clearance certificate from their former province entitling them to compete in the new province. If an athlete does not get a clearance certificate, they will not qualify to compete in the new province.

Entering races

- Visit the [Team Vitality events calendar](#) for a list of all the races that qualify for 50% back. This applies to Vitality and Vitality Active members only.
- Once you have chosen the race you would like to participate in, you will need to enter through the event website (not the Team Vitality website). You must pay the race entry fee directly to the race organisers.

Earning Vitality points

As a Vitality or Vitality Active member, you can earn Vitality points for taking part in select race events. Your points will be automatically awarded if you meet both criteria:

- The event you have completed is one of the selected events that is timed by one of our timing partners.
- You have given us consent to collect your data.

For events that are not included on the Vitality race event calendar and that qualify as timed and verified events, you can [upload your results](#) through the self-capture option on the Discovery website. You will need to complete the online form and upload a copy of your race certificate or proof of your results. You will need to complete the online form and upload a copy of your race certificate or other proof of your results. Vitality will then award you with your points. If the race you capture like this is also on our race calendar, we will pay you 50% of your entry fee back.

Maximum yearly and daily points

You earn Vitality points for events you complete in a calendar year. Points you earn for completing events on the Team Vitality calendar add up to the maximum of 30,000 Vitality points you can earn for exercise in a year.

You can only earn points for one event or exercise activity each day. If you do more than one event or activity on a day, you will get awarded for the event that will give you the most points.

[Terms and conditions apply.](#)

Earning your 50% race entry fees back

- The event must be one of the selected, timed events on the Team Vitality race calendar that qualifies for 50% back.
- You must have an active Vitality or Vitality Active membership.
- You must have completed the event.
- You must be a Team Vitality member at the time your race entry fees are awarded back and when you did the event.
- You will not get 50% back on:
 - The additional race fee if you register late
 - T-shirts
 - Promotional items
 - Donations
 - Temporary licences

The 50% of race entry fees will be awarded automatically once we have received the verified results from the timing company. For events flagged as manual on the Vitality race events calendar, you need to upload your results manually on the Vitality website and add a copy of your race result certificate.

Please note: Team Vitality reserves the right to change the allocated amount on selected events.

Maximum quarterly and yearly reward amounts

You can earn up to 50% back on the pre-race registration fees up to a maximum spend of R3,000 each quarter, and up to R12,000 in a calendar year. This means you can earn up to R1,500 back (50% of R3,000) in a quarter, and up to R6,000 a year. This applies to each Vitality or Vitality Active member aged 18 years or older who joins Team Vitality.

Paying your rewards

We will pay your rewards into the same account the main member has chosen to use for other Vitality or Vitality Active benefits. If you are a spouse or adult dependent on a membership, your rewards will be paid into the account chosen by the main member. These accounts include a:

- Main member's bank account
- Main member's Discovery Bank account

We will pay your rewards into your nominated account every month. Only the main member on the Vitality or Vitality Active membership can choose the account and must make sure the details are correct. To change the account details, the main member can go to www.discovery.co.za or call us on 0860 99 88 77.

- We pay your rewards into the account chosen by the main member at the end of the billing cycle. You will get an SMS once we have paid your rewards.
- You will not always receive rewards during the month you took part in the event as we must receive confirmation from the timing company first and this can take up to two weeks. In addition to this, please note that if an event takes place towards the end of the month and we get the timing data the following month, members will only be reimbursed after the monthly calculations have been processed. This may have implications for the financial limits (maximum amount of money paid per quarter) on the rewards per quarter.

- If your monthly rewards are low, we may wait until the next month to pay.
- We will pay your cash or Discovery Miles back amount into your nominated bank account when they reach the preset amount of R50.

Strava

Strava is the home of the Team Vitality community, the world's largest online fitness and activity tracking platform.

All Team Vitality members aged 18 years or older with an active Vitality or Vitality Active membership, will receive a voucher code to save 50% on a 12-month Strava subscription. This applies to all Team Vitality members who join or renew their Team Vitality club membership.

Linking Strava to Vitality

You can link your Strava account to your Vitality membership by accessing the Discovery app or website. When you link your account, you will need to grant Vitality permission to access your Strava information. [Terms and conditions apply.](#)

How to link Strava through the Discovery app

- Download the latest version of the Discovery app and log in.
- On the landing page, you'd notice that there are three blocks under the heading 'Vitality'. Select the one that says 'Health' along with your current Vitality status.
- A new screen will open and under the heading 'Improve your Vitality status', select the block that once again says 'Health' along with your current Vitality status.
- Under 'Get active', select 'Devices and apps'.
- Under 'Linked devices and apps', you'll find a link that says 'Link a device or app' in orange. Select this.
- Choose 'Strava'.
- Follow the prompts to link your Strava account to your Vitality membership.

How to link Strava through the Discovery website

- Log in to the Discovery website using your username and password.
- Select 'Vitality' from the horizontal menu at the top of the page.
- Select 'Device and apps' from the menu that appears.
- Scroll down to the 'Vitality devices and apps' section.
- Select Strava from the option blocks by clicking 'Learn more' under the Strava logo.
- Then select 'LINK MY STRAVA ACCOUNT' and follow the prompts to link your Strava account to your Vitality membership.

In-Case-of-Emergency Identification (ICE ID) bracelet

ICE ID is committed to your safety while you are out training and participating in events. It is important that, in the event of an emergency when you can't speak for yourself, your ICE ID will speak for you.

Exclusive offer for Team Vitality club members: Get 25% off an ICE ID Pro bracelet.

Move My Bicycle Transport discount

Move My Bicycle Transport offers secure bike transportation to all major events countrywide. All bicycles are transported in an enclosed and secure boxed trailer that has been specially designed by cyclists, for cyclists.

Exclusive to Team Vitality Cycling Club members: Get one free bicycle transport, and a 15% discount on your second transport order.

Important

- View the Team Vitality race calendar to make sure you are registering for a race that qualifies for points and 50% cash or Discovery Miles back. The Team Vitality rewards calendar can change at any time on notice to members.
- You can only earn up to 50% back on selected events that you complete once you have joined Team Vitality and we can validate your race results.
- You will need to complete the online form and upload a copy of your race certificate or other proof of your results. Vitality will then award you with your points. If the race you capture like this is also on our race calendar, we will pay you 50% of your entry fee back Team Vitality cyclists from all regions and runners from licensed regions (Central Gauteng, Gauteng North, KwaZulu-Natal, Eastern Cape, the South Western Districts or Western Cape) need to wear the race shirts or vests at all events.
- Please note that all imagery, like photographs and videos, taken at Team Vitality may be used by Discovery Vitality for promotional and marketing purposes using both print and online platforms without payment or any other consideration. This includes races, hospitality events, as well as training rides or runs.
- Discovery Vitality and Discovery Athletic Club NPO are not responsible for any loss, damage, injury or death.
- Discovery Vitality and Discovery Athletic Club NPO will not be responsible for any loss, damage, injury or death that you, your beneficiaries or any third parties may suffer due to engaging in the Team Vitality programme.
- This also applies to circumstances arising from its negligent acts or omissions or those of its agents, contractors, partners or other persons for whom in law it may be liable. You, your beneficiaries and any third parties indemnify Discovery Vitality, Discovery Athletic Club NPO and Discovery by agreeing to these rules.
- To get access to Team Vitality VIP hospitality, you need to have an active Team Vitality club membership that will be verified at the access points of the VIP area. You will also need to wear your latest Team Vitality race kit.
- Members get a complimentary kit every two years.
- Members are entitled to opt out of Team Vitality debiting their nominated bank account. This choice to opt out is only available after completing your activation of the Team Vitality benefit.

Disclaimer

Discovery Vitality (Pty) Ltd is the appointed patron of Team Vitality. By accepting the Team Vitality terms and conditions, you also accept the:

- [Vitality main rules](#)
- [Vitality Race events guide](#)
- [The Vitality points rules](#)
- The Team Vitality [code of conduct](#)

Third-party consent when activating and using the Team Vitality benefit

By activating this benefit, you further consent that Discovery Vitality (Pty) Limited, Discovery Athletic Club NPO, their authorised partner network and third parties associated with the benefit may share your payment and personal information as well as transaction and event data in accordance with the Discovery Vitality Main Rules and [Team Vitality privacy statement](#).

The sharing of this information is only to the extent required to administer the benefit effectively, including the allocation of rewards and benefits.

When this membership ends

You will have access to this benefit until the end of the calendar year in which you joined. You will have to activate the benefit at the beginning of each calendar year if you want to remain part of Team Vitality.

If you are an active Vitality or Vitality Active member with an active Team Vitality membership, your Team Vitality membership will continue if your Vitality or Vitality Active membership ends.

Contact us

For any queries or immediate assistance, you can contact our live chat, **Ask Discovery**, or one of our experienced Vitality consultants who are available 24/7.

You can start that chat right now using one of the following options:

- Scan this QR code using your mobile device.



- [Chat with Ask Discovery](#) on WhatsApp.
- [Chat with Ask Discovery](#) on the Discovery website.

Stay up to date with the latest news

Download the Discovery app and follow Discovery Vitality on [Facebook](#), [Instagram](#), [Twitter](#) and [YouTube](#).

Join our Team Vitality [running](#) and [cycling](#) communities on Strava, [running](#) and [cycling](#) groups on Facebook, and [cycling](#) club on Zwift.

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