

Team Vitality – Benefit guide

What the Team Vitality 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 or cycling race kit* (or both if you sign up for both clubs)
- 25% back on many popular races
- Delicious food, fruit, beverages and a warm sense of community after select races at our VIP hospitality tent
- 25% off your In-Case-of-Emergency Identification (ICE ID) bracelet.

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

Who may use the Team Vitality 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.

If you are between the ages of 16 and 18 years old, you can join Junior Team Vitality if you are a dependant on a 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. 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 chose – running, cycling or both. Your rates and benefits differ depending on whether you have an active Vitality membership or not.

When you register your Team Vitality membership, you can choose to have Team Vitality debit your chosen bank account each year. This enables you to continue having access to your Team Vitality benefits without interruption.

Vitality and Vitality Active members pay:

Team Vitality membership fees for 2025	
Running	R599
Cycling	R1,155
Combo	R1,754
Junior	R235
Non-Vitality member rate running	R1,760
Non-Vitality member rate cycling	R3,500
Non-Vitality combo	R5,260

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 or pay it back to you once you have paid the membership fee. 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 and ask us to cancel your membership.

Runners

If you are a Team Vitality member living in Central Gauteng, Gauteng North, KwaZulu-Natal, Eastern Province and Western Province you can purchase an Athletics South Africa (ASA) licence through Team Vitality. Please note ASA province licence fees will apply for 2025 licences. If you're from another region not mentioned, you won't qualify for an ASA licence but can still join Team Vitality as a social member for all the benefits. For more information on the ASA application process, please visit <http://asa.saclubs.co.za/login>.

Cyclists

Cyclists can 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 you must pay this fee directly to the 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 can collect it from the following venues:

Central Gauteng - Sandton

- 1 Discovery Place, Sandton, corner Katherine and Rivonia roads, Sandton
- 011 529 7247
- Monday to Friday: 08:00 - 17:00
- Saturdays: 08:00 - 17:00
- Sundays: 09:00 - 13:00
- Public holidays: Closed until further notice

Gauteng North - Menlyn

- Discovery Store, Menlyn Maine Central Square, Shop 35, Corner of Dallas Ave and Aramist Ave, Menlyn, 0081
- 011 529 7247
- Monday to Friday: 09:00 - 18:00
- Saturdays: 09:00 - 17:00
- Sundays: 09:00 - 14:00
- Public holidays: 09:00 - 14:00

KwaZulu-Natal - Umhlanga

- Discovery Store, Oceans Mall, Shop 237, First floor, Lagoon drive, Umhlanga
- 011 529 7247
- Monday to Saturday: 09:00 - 19:00
- Sundays: 09:00 - 18:00
- Public holidays: 09:00 - 18:00

Eastern Cape - Gqeberha

- Eastern Province Athletics Office, 52 Westbourne Rd
- Port Elizabeth Central, Gqeberha, 6001
- Monday to Sunday: 09:00 - 15:00

Western Cape – Century City

- Discovery Store, Sable Park, Bridgeways Precinct, Century City, 7446
- 011 529 7247
- Monday to Friday: 08:00 - 17:00
- Saturdays: 08:00 - 13:00
- Sundays: 08:00 - 13:00
- Public holidays: 08:00 - 13:00

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

Joining Team Vitality as a runner

The following applies if you live in Central Gauteng, Gauteng North, KwaZulu-Natal, Eastern Province and Western Province, are currently a member of a running club and want an Athletics South Africa (ASA) licence:

- You must resign from your current club and email your clearance letter to us at Team_Vitality_Documents@discovery.co.za.

Here's how to apply for a running licence:

Register on the [ASA website](#) for Team Vitality to accept you as a member and verify your licence details for **Gauteng North, KwaZulu-Natal, Western Province and Eastern Province**.

1. Purchase your ASA running licence when you sign up for [Team Vitality](#). Please note ASA province licence fees will apply for 2025 licences.
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:
 - The completed and signed form from the CGA portal
 - 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 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 email once you have joined. This email will include a wiCode which you can use to collect your running kit (applicable for eligible members) from Sportsmans Warehouse stores in Canal Walk, Moffet Retail Park, 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, Rondebosch, Centurion, Fourways, Sandton or Gateway. Alternatively, you can choose to have your kit delivered for an additional fee of R50.

Renewal members

- As a renewal member, you qualify for the full Team Vitality membership. Members living in Central Gauteng, Gauteng North, KwaZulu-Natal, Eastern Province and Western Province can 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 are 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 like VIP hospitality and 25% back on selected race entry fees.

The home-province rule

- An athlete will only represent Athletics South Africa (ASA) in the province where they live.
- Except for national athletes, an athlete will only be a member of an ASA club if the athlete and the club are in the same province.
- No athlete may relocate from a club in one province to a club in another province 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 25% back. This applies to Vitality and Vitality Active members only.
- Once you have chosen the race you would like to take part 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. Vitality will automatically award your points to you 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 Events 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 Team Vitality Race Events Calendar, we will pay you back 25% of your entry fee.

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 Vitality Race Events 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, we will award you for the event that will give you the most points. [Terms and conditions apply](#).

Earning back 25% of your race entry fees

- The event must be one of the selected, timed events on the Team Vitality Race Events

- Calendar that qualifies for 25% 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 when we pay back your race entry fees and when you did the event.
 - You will not get 25% back on:
 - The additional race fee if you register late
 - T-shirts
 - Promotional items
 - Donations
 - Temporary licences.

We will automatically award you with the 25% of race entry fees once we have received the verified results from the timing company. For events flagged as manual on the Vitality Race Events Calendar, you will 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. Vitality reward rules apply and payments will not be made six months after the event date.

Maximum quarterly and yearly reward amounts

You can earn up to 25% back on the pre-race registration fees up to a maximum spend of R4,000 per 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 as follows:

- **Vitality-only members:** We pay rewards in cash into your nominated bank account.
- **Vitality members with a qualifying Discovery Bank account:** We pay rewards in Discovery Miles into your Discovery Miles account. However, the bank account linked to your cashback account profile is the Vitality Savings Account.

If you are a spouse or adult dependant on a membership, we will pay your rewards into the account chosen by the main member. These accounts include the main member's bank account or Discovery Bank account.

- 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, we will only reimburse members after processing the monthly calculations. This may have implications for the financial limits (maximum amount of money paid per annum).
- 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 (the amount owing from the months before) into your nominated bank account when they reach the preset amount of R50.

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 bracelet will speak for you.

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

Important

- View the Team Vitality Race Events Calendar to make sure you are registering for a race that qualifies for points and 25% 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 25% back on selected events that you complete once you have joined Team Vitality and we can validate your race results. Please note Vitality reward rules apply and we will not make payments six months after an event date.
- 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 Team Vitality Race Events Calendar, we will pay you back 25% of your entry fee.
- Team Vitality cyclists from all regions and runners from licensed regions (Central Gauteng, Gauteng North, KwaZulu-Natal, Eastern Province and Western Province) need to wear the race shirts or vests at all events.
- Please note that all imagery, like photographs and videos, taken at Team Vitality events may be used by Discovery Vitality for promotional and marketing purposes using both print, online platforms and social media channels 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 activities.
- 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 consent that the following may share your payment and personal information as well as transaction and event data in keeping with the Discovery Vitality Main Rules and [Team Vitality privacy statement](#):

- Discovery Vitality (Pty) Limited
- Discovery Athletic Club NPO
- Their authorised partner network
- Third parties associated with the benefit.

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 cellphone.



- [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, our [running](#) and [cycling](#) groups on Facebook, and our [Team Vitality zones](#).

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