MOVEMBER®

SWIM ULSTER

November 2026 · Individual sign-up guide

JOIN YOUR CLUB'S MO TEAM

Your club already has a team on Movember. Sign up, find it, hop in. Eight easy steps, and this page has them all.

DO NOT CREATE A NEW TEAM

This guide is for joining a team that already exists. Your job is to find it and join it.

THE 8 STEPS AT A GLANCE

Screenshots for every step on pages 2 to 9

1 GO TO MOVEMBER UK
Open the official UK Movember website and choose the sign-up option.

2 PICK THE OFFICIAL RESULT
Make sure the link takes you to **uk.movember.com**.

3 CREATE YOUR ACCOUNT
Your own email and a password, then **"Continue sign up"**.

4 FILL IN "ABOUT YOU"
Your personal details, not the club's. Check them before you continue.

5 CHOOSE HOW YOU'LL FUNDRAISE
Grow a Mo, Move, Mo Your Own Way or Host an Event. Then **"Complete sign up"**.

6 HIT "FIND YOUR TEAM" Key step
Don't create a new team and don't hit **"Skip"** if you want to join now.

7 SEARCH FOR YOUR CLUB'S TEAM
Use the exact team name from your club. Check the captain details match.

8 CLICK "JOIN", THEN "CONTINUE"
Finish any prompts, then check your team page to confirm you're in.

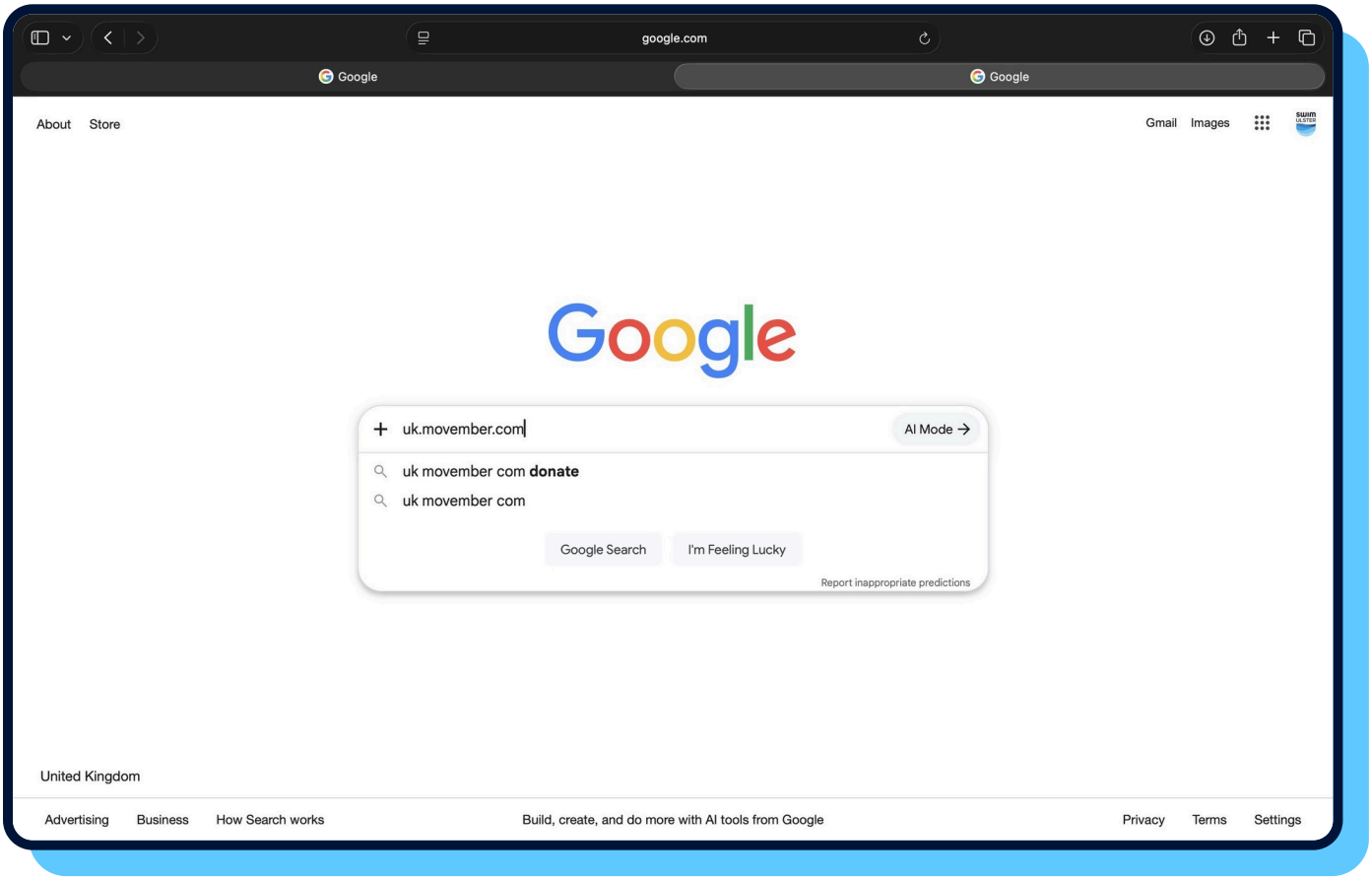
Swim Ulster Movember team page
movember.com/t/swim-ulster-hq

START AT UK.MOVEMBER.COM

Get started

1 OPEN THE MOVEMBER SIGN-UP PAGE

Open the official **UK Movember website** and choose the sign-up option.



SHORTCUT

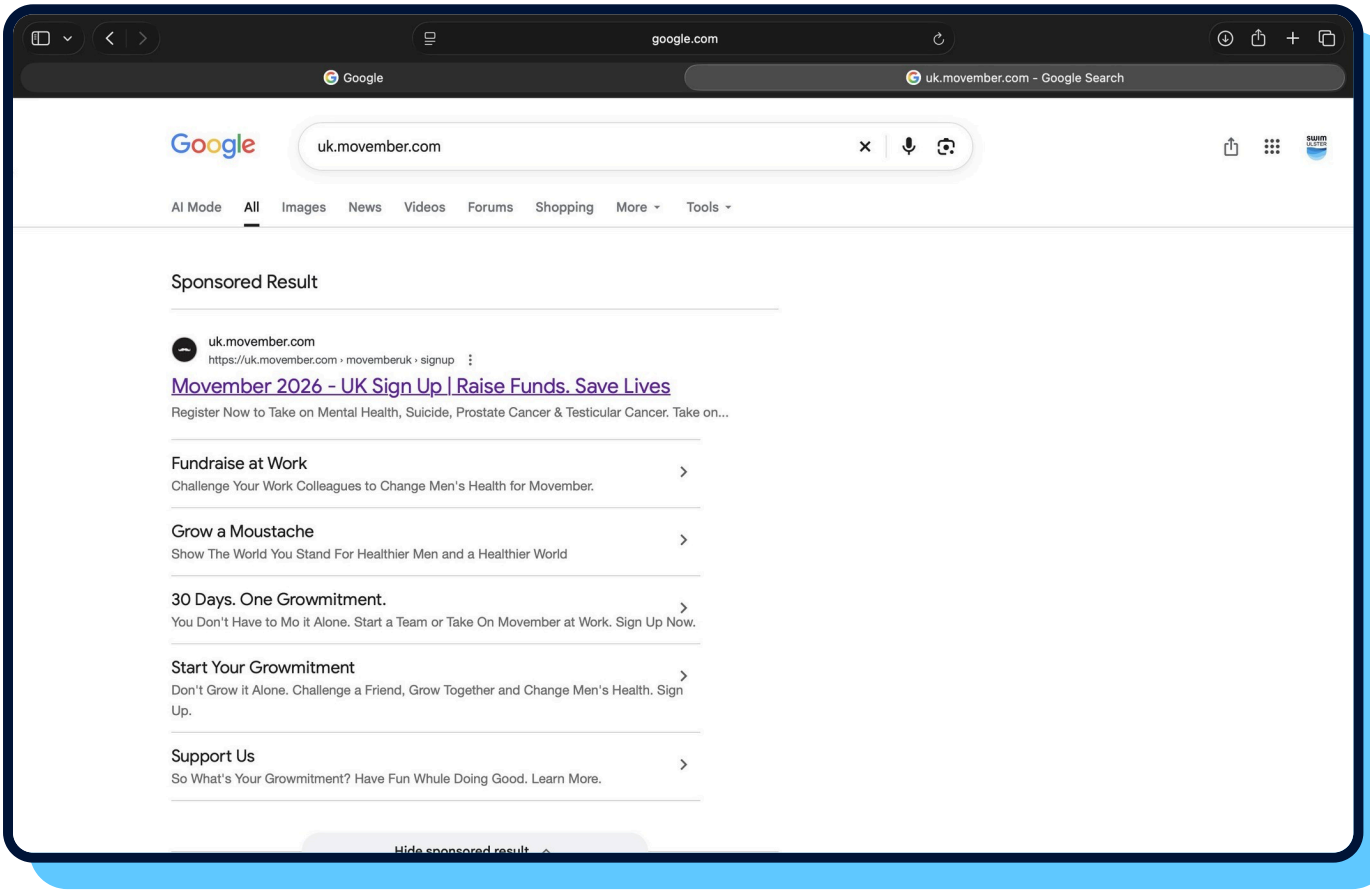
Typing uk.movember.com straight into your browser gets you there too.

Up next **Step 2: Select the official result →**

Right place, right site

2 SELECT THE OFFICIAL MOVEMBER RESULT

Check that the result takes you to the official **uk.movember.com** website.



CHECK THE ADDRESS

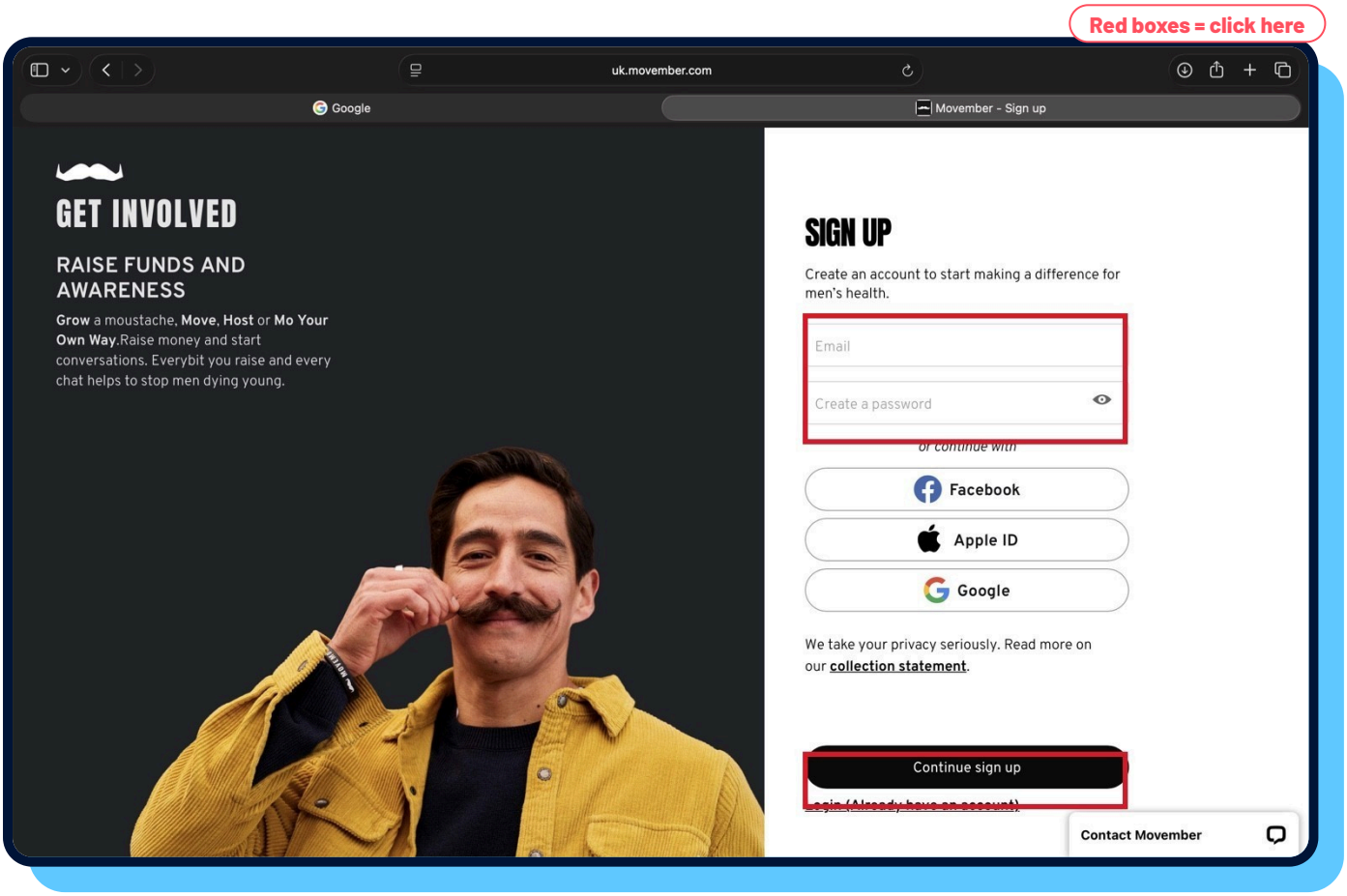
Before you click, make sure the link reads uk.movember.com.

Up next **Step 3: Create your account →**

Your account

3 ENTER YOUR EMAIL AND CREATE A PASSWORD

Enter your own email address and create a password, or use one of the other sign-in options offered. Then select **"Continue sign up"**.



MAKE IT YOURS

Use your own email address, not a club or shared one. This is your individual account.

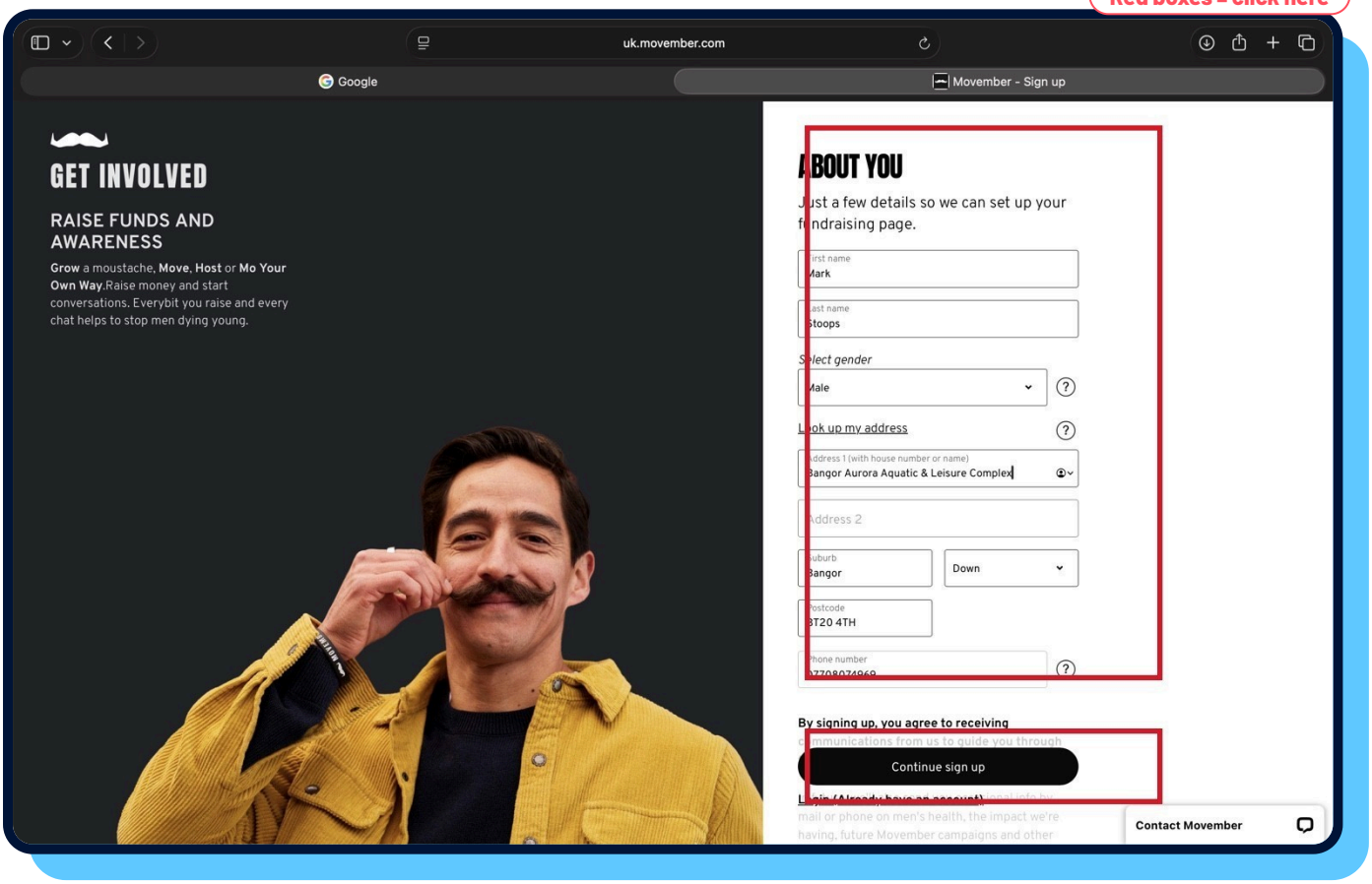
Up next **Step 4: Fill in "About You" →**

All about you

4 COMPLETE THE "ABOUT YOU" DETAILS

Complete the required personal details. These are **your individual details**, not the club's details.

Red boxes = click here



QUICK ONCE-OVER

Check your details before continuing.

Up next **Step 5: Choose how you'll fundraise →**

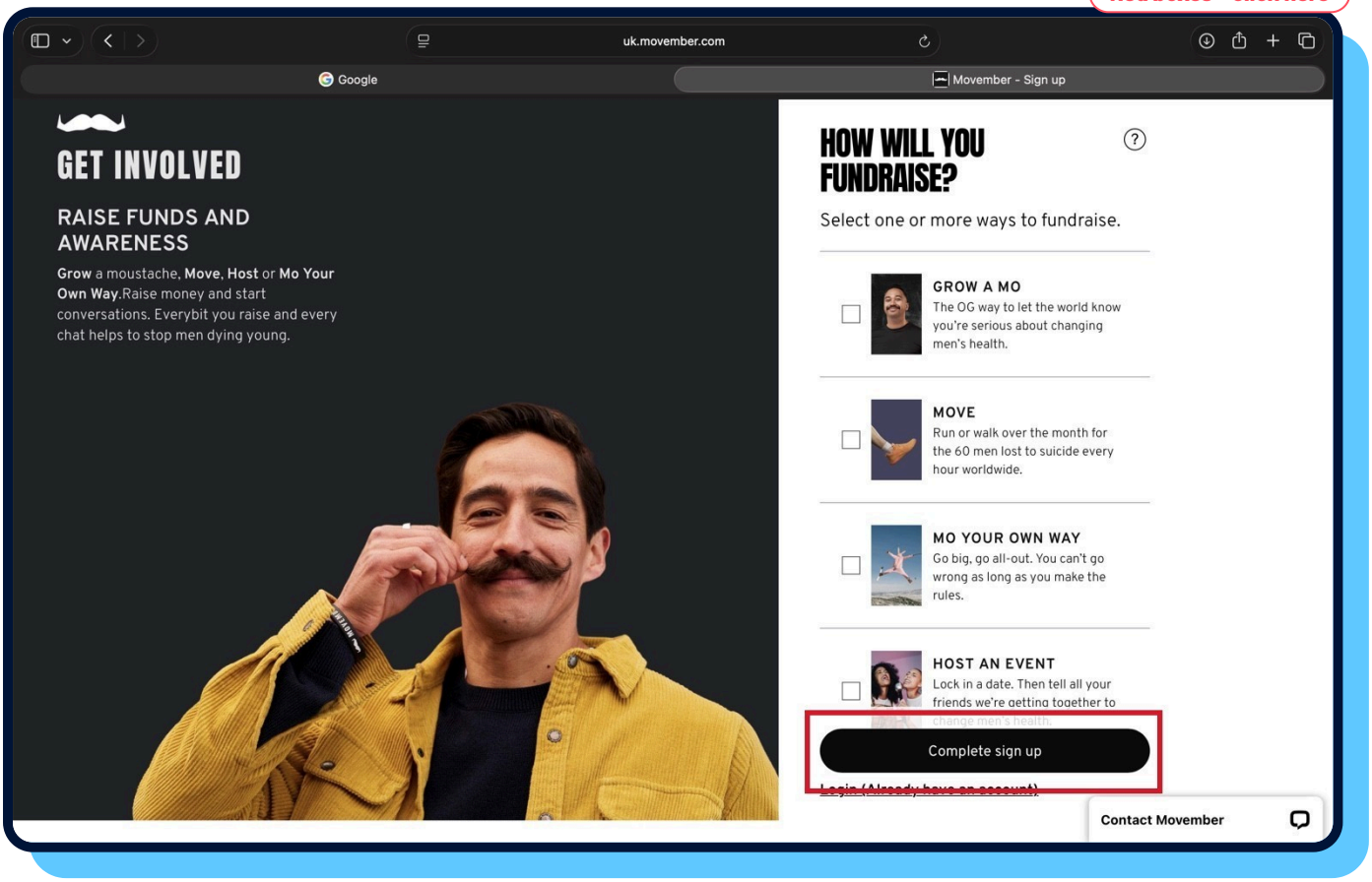
5

Pick your challenge

CHOOSE HOW YOU WILL FUNDRAISE

Select the activity or activities that suit you: **Grow a Mo, Move, Mo Your Own Way** or **Host an Event**. Then select **"Complete sign up"**.

Red boxes = click here



MIX AND MATCH

You can pick more than one. Go for whatever suits you best.

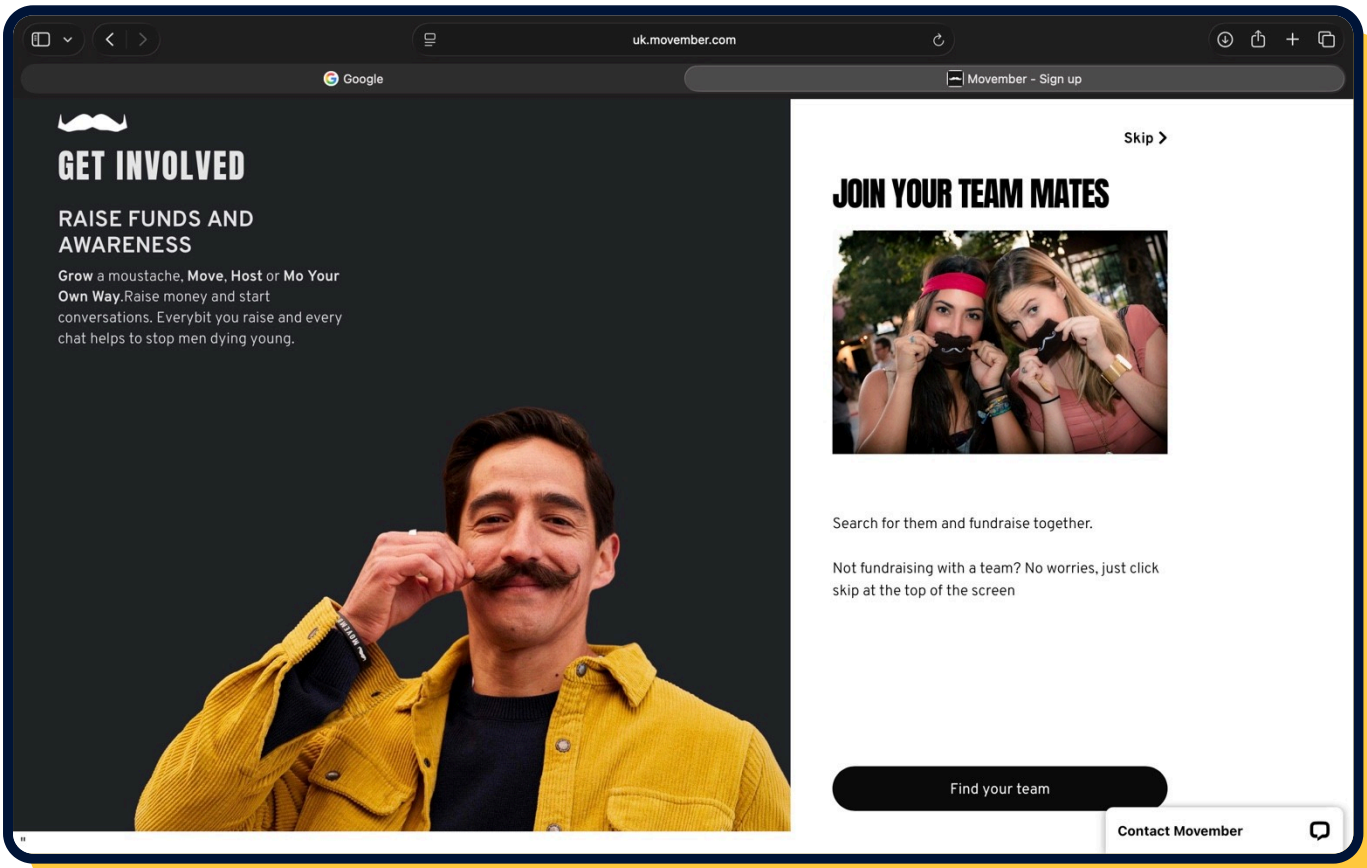
Up next **Step 6: Hit "Find your team" →**

6

This is the key step

SELECT "FIND YOUR TEAM"

Select **"Find your team"** to search for your club's team.



DO NOT CREATE A NEW TEAM

And don't select "Skip" if you want to join now. Your club's team already exists, so we just need to find it.

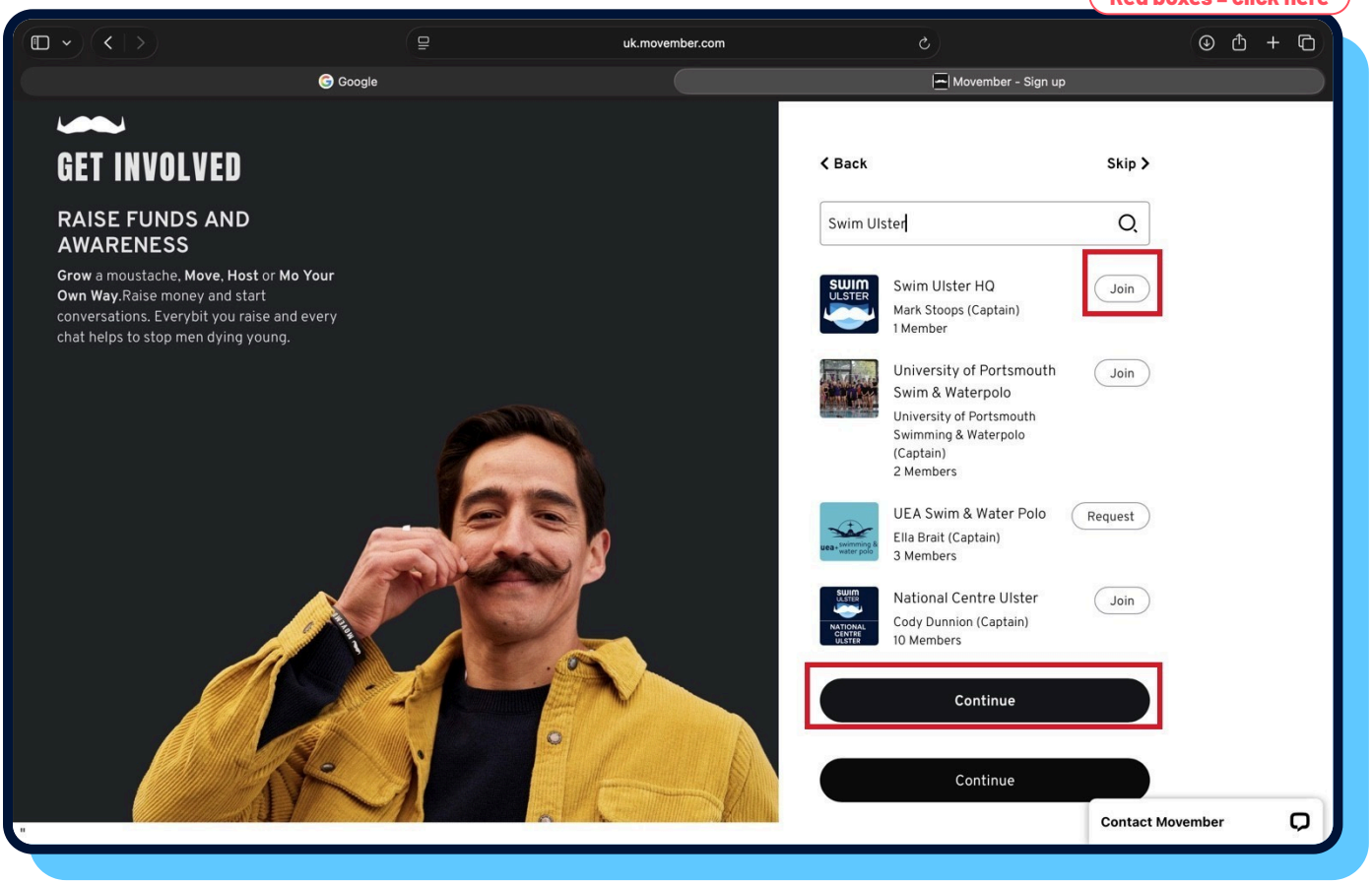
Up next **Step 7: Search for your club's team →**

Find your crew

7 SEARCH FOR YOUR CLUB'S EXISTING TEAM

Enter the **exact team name** supplied by your club. Check the team name and captain details in the results to identify the correct team.

Red boxes = click here



BEFORE JOINING

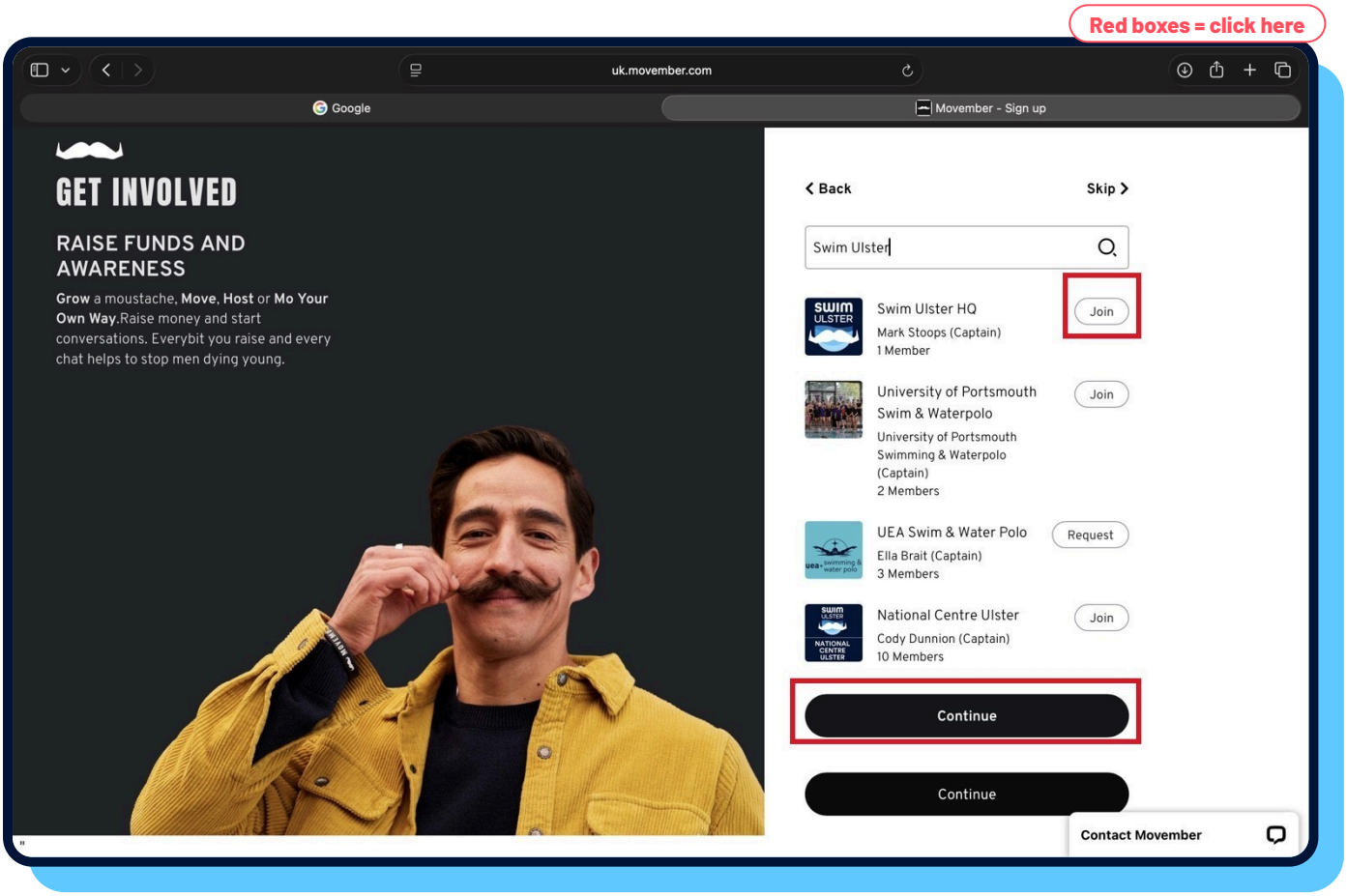
Confirm the team name and captain details match the information from your club.

Up next **Step 8: Join and continue →**

Last one!

8 SELECT "JOIN" BESIDE THE CORRECT TEAM

Select **"Join"** beside the correct club team, then select **"Continue"**. Check the team name before moving on.



FINISH LINE

Continue through any remaining prompts, then check your account or team page to confirm the club team is listed.

Up next **Run the quick checklist →**

Before you close the tab

QUICK CHECKLIST

- [ ] Use your own email address and individual account details.
- [ ] Complete the personal registration steps.
- [ ] Choose "Find your team". Do not skip this step.
- [ ] Search for the exact existing club team name.
- [ ] Check the team name and captain details.
- [ ] Select "Join" beside the correct team and press "Continue".
- [ ] Do not create a new team if your club already has one.

YOU'RE ON THE TEAM. NOW LET'S MAKE WAVES.

Grow it, move it, host it. Every bit counts for men's health.

VISIT THE TEAM PAGE movember.com/t/swim-ulster-hq