

Clubs & Societies

CODE OF PRACTISE

All clubs and societies are affiliated to Lancaster University Students Union and are therefore bound by the Union regulations and constitution.

Club/Society: Ultimate Frisbee

The Aims of the Club/Society

To ensure that we run a practice that helps experienced players' progress whilst beginners improve in the basic elements of the game. We also want to run a safe practice where members of the club can learn and enjoy the sport

The following constitutes the clubs/societies procedures which must be followed by all members so that all activities are carried out safely:

Area of activity: General points for all training and games

Procedures to follow

- Instil and reinforce good practice of eye contact through constant reminder from all experienced players to make eye contact before throwing the disc and when running in to attempt to catch the disc. New players are briefed on this by the Captain.
- Captain to lead an effective warm-up before each game and training session.
- Newer players told at their first session and reminded as needed to be aware of their surroundings including obstacles outdoors and the confines of the hall indoors; and also told to be aware of the other players around by experienced players before and during the game.
- Captain or other exec member present must make sure all jewellery is removed from players' wrists, forearms, and ears or is taped.
- Any players requiring glasses must either wear impact resistant glasses, or contact lenses.

Areas of risk assessment covered:

Being hit by frisbee, Failure to warm-up effectively, collisions with other players, appropriate equipment.

Area of activity: Indoor Training and Games

Procedures to follow

- Captain to check at the start of every training session and game that all player's footwear is suitable for indoor sport, players not wearing training shoes will not be allowed to participate fully.
- Captain to check that the complete surface of the hall is suitable for use, clearing any spillages; removing any dust before the start of practice.
- Before the start of the session all obstructions to the playing area must be removed by an exec member using correct lifting/moving techniques as appropriate; this includes badminton posts and nets being put away correctly in the store cupboard. The exec must seek advice from the sports centre staff on the correct way to move and store the sports centre's equipment.
- Any players in the vicinity of a spillage are to clear it up immediately.
- All drinks and liquids to be kept away from pitch area, under benches near the wall.

Areas of risk assessment covered:

Floor surface slippery and unsuitable indoor footwear

Area of activity: Outdoor Training and Games

Procedures to follow

- Captain to check at the start of every training session and game that all players footwear is suitable for outdoor sport, players not wearing studded footwear will not be allowed to participate fully.
- Captain to reinforce the importance of being aware of their surroundings and of the potential risks of being hit by the posts before training and during training. Also pitches will be marked out with special caution to avoid rugby posts or any areas that may cause a collision.
- Captain will cancel games and/or training if the weather compromises the safety of the players. Training and games will also be cancelled if the ground conditions are unsuitable for play.
- New players will be informed of suitable clothing to be worn to keep warm when training outdoors.
- Captain and/or safety officer to ensure that a member of the team who is first aid trained attends all outdoor practices and at least one mobile phone to be present at the practice. A fully stocked first aid kit must also be present at all training sessions and games.

Areas of risk assessment covered:

Unsuitable outdoor footwear, collision with rugby posts, poor weather, injury worsening

Area of activity: Astro Turf Training and Games

Procedures to follow

- Captain to check at the start of every training session and game that all players footwear is suitable for the astro turf, players not wearing suitable footwear will not be allowed to participate fully.
- Captain will cancel games and/or training if the weather compromises the safety of the players.
- New players will be informed of suitable clothing to be worn to keep warm when training outdoors.
- Captain and/or safety officer to ensure that a member of the team who is first aid trained attends all outdoor practices and at least one mobile phone to be present at the practice. A fully stocked first aid kit must also be present at all training sessions and games.

Areas of risk assessment covered:
Unsuitable astro footwear

Area of activity: Travel to Tournaments

Procedures to follow

- Safety officer to check the drivers' driving licence is valid and check the MOT and insurance of the vehicle before travel to any event.
- Drivers of cars and/or minibus to ensure that all passengers wear their seatbelts.
- Drivers of the minibus must adhere to the minibus drivers handbook and perform headcounts before leaving any venue.

Areas of risk assessment covered:
Travel: cars and minibus

Area of activity: Social Events

Procedures to follow

- Social secretary or allocated exec member to remain sober to supervise the group and ensure that club members on social drink responsibly.

Areas of risk assessment covered:
Social events within the club

Duty of Care

Please note that on top of the above procedures, all individual members of the club owe a Duty of Care to fellow members of the club and other clubs, and where appropriate the public. Any club member who acts in such a way as to deliberately cause harm or injury to a fellow member and/or who displays

open and persistent disregard for the clubs Code of Practice will be disciplined by the club executive committee and may face expulsion from the club.