



# CUCS Health & Safety Policy

The Cambridge University Cheerleading Society (CUCS) is committed to ensuring our members' health, safety and wellbeing is supported whilst encouraging participation in the sport.

To upkeep this statement, we will ensure we maintain the following duties:

- provide an environment where athlete health and safety are key priorities, and issues can be discussed securely
- ensure all members have appropriate training for the level of competition
- ensure all members are aware and follow the club health & safety policy

## Safety responsibilities & arrangement

Responsibility	Officer Responsible	Specific Safety Agreement
General oversight of club safety management	President Coach Captains	<ul style="list-style-type: none"><li>• Undertake regular, recorded risk assessment of the club premises &amp; all activities undertaken by the club</li><li>• Create safe environment by putting health &amp; safety measures in place as identified by the risk assessment</li><li>• Ensure the implementation of the policy is reviewed regularly &amp; monitored for effectiveness (at least once per year at the AGM)</li><li>• Ensure coaches/ leaders have adequate knowledge for the role they undertake</li></ul>
Clear communications with club members on safety matters	President Captains Coach	<ul style="list-style-type: none"><li>• Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.</li><li>• Ensure that all members are aware of, understand and follow the club's health and safety policy.</li></ul>

		<ul style="list-style-type: none"> <li>• Ensure that club members are able to raise safety concerns.</li> <li>• Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.</li> </ul>
Effective continuous management of safety arrangements	Welfare officer	<ul style="list-style-type: none"> <li>• Appoint a competent club member to assist with health &amp; safety responsibilities</li> <li>• Review of safety procedures, arrangements and information at committee meetings</li> </ul>
Provide and appropriate mitigation control measure for injuries	Coach President Captains	<ul style="list-style-type: none"> <li>• Provide access to adequate first aid facilities, telephone and qualified first aider at all times (available in sports centre)</li> <li>• Report any injuries or accidents sustained in club activity or incidents that may have led to injury/ ill health whilst on club premises to the Sports Service &amp; investigate when necessary</li> </ul>
Uphold a culture that supports the safety policy	All club members	<ul style="list-style-type: none"> <li>• Take responsible care of your own health and safety and that of others who may be impacted by your actions/ training</li> <li>• Cooperate with the club on health and safety issues, preferably before the session- or any time during</li> <li>• Correctly use all equipment provided by the club</li> <li>• Do not interfere or misuses anything provided for your health, safety or welfare</li> <li>• Pay attention to coach and captain instructions, and listen to your team</li> </ul>
Ensure equipment is safe	All club members	<ul style="list-style-type: none"> <li>• Maintain equipment inventory</li> <li>• Report any damaged equipment to the coach, captains or president</li> <li>• Ensure the statutory equipment inspections are carried out</li> </ul>

		<ul style="list-style-type: none"> <li>• Ensure damaged equipment is marked and removed as soon as possible</li> </ul>
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**Club Captain Details:**

**Alice Hathaway**

Crsid: arh97

**Heather Quayle**

Crsid: hmq20

**Club President Details:**

**Cassie Chan**

Crsid: cshc2

**SOCIETY MEMBER DUTIES**

As a member of the society, you have a duty to:

- a) Take reasonable care of you own health and safety and those who may be impacted by what you do/ don't do
- b) Cooperate with the club on health & safety issues
- c) Not interfere with, or misuse anything provided for your health, safety or welfare

**CODE OF CONDUCT**

- Not inciting un-sportsman like conduct
- Taking responsibility for providing positive leadership at all times, including in set up and pack away
- Message captains or president if a session will be missed, with reasoning why
- Respect and cooperate with your teammates and coaches
- Bring attention to any issues faced within the society
- Be punctual to all sessions- aim to arrive 5 minutes early to each session
- Remove any jewellery & tie up long hair for practice
- Pay the CUCS fees as outlined, or as arranged with the treasurer.

**ACCIDENT & EMERGENCY PROCEDURES**

If an injury occurs:

1. Summon first aider from the University Sports Centre information desk
2. If necessary, call the emergency services
3. Ensure someone remains with the injured person and accompanies to hospital, back to college, or wherever required
4. Write an injury report if required, gaining information from witnesses:  
<https://www.sport.cam.ac.uk/injury-and-incident-reporting>

**INSURANCE**

CUCS is covered by the Public Liability Insurance and Personal Sports Injury Insurance held by the University Sports Centre.

**NATIONAL GOVERNING BODIES**

CUCS will follow guidelines as laid out by the UKCA and IFC (the world governing body of cheerleading).