

Cambridge University Lacrosse Club

Safety Policy

Cambridge University Lacrosse Club (CULC) is strongly committed to encouraging our members to take part, whilst seeking to ensure that the health, well-being and safety of each individual is managed effectively.

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.
- Provision of first aid at all home matches.

As a club member, you have a duty to:

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Co-operate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.
- Wear appropriate kit for all training and matches.

Club health and safety officer details:

Thomas Chalklen, Corpus Christi College (tac49@cam.ac.uk)

Details of First Aid provision within the club:

- A First aid kit will be provided for all home matches, with an AED available at all trainings and matches.
- First aiders will be organised for Varsity.