

Cambridge University Trampoline Club Safety Policy 2023-24

Cambridge University Trampoline Club (“the club”) 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.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
- 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.

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 do 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.

CLUB HEALTH AND SAFETY OFFICER DETAILS:

- The leading coach of a session has responsibility for the safety at that session. When there is more than one coach present at a session, all coaches must follow the safety procedures, but the overall responsibility will lie with the leading coach.
- The President is responsible for informing the coaches about their safety roles and ensuring that all members are following the safety policy at each session. In the absence of the President at a session, other safety trained members of the committee may take on this responsibility.
- The President or Safety Officer must communicate with the coaches on issues of safety and changing or enforcing the Code of Conduct and Safety Policy.

DETAILS OF FIRST AID PROVISION WITHIN THE CLUB:

- In the event that first aid is required, sports centre staff should be notified immediately. The club then complies with the Sports Centre’s first aid policy. First aid equipment is supplied by the sports centre, and first aid will be provided by first aiders from the club or sports centre. There is a club first-aider present at every session.