

CAMBRIDGE UNIVERSITY HOCKEY CLUB

CLUB SAFETY

CLUB SAFETY POLICY

Cambridge University Hockey Club (CUHC) believes that high standards of health and safety are important to achieving a safe, enjoyable hockey environment. The Club endeavours to ensure that reasonable steps are taken to provide a safe and healthy environment for its members to play hockey in.

CUHC recognises that planning, implementing and reviewing its health and safety procedures should be a continual process in order to achieve the above aims.

The maintenance of safe and healthy playing conditions requires the active cooperation of all Club members, each of whom have a duty to take care of his or her own safety and that of others. Every person has a duty to bring situations that they believe to be unsafe, or shortcomings in Club safety arrangements, to the attention of the Club Welfare Officer.

RISK ASSESSMENTS

Team coaches should be aware of the risks associated with each training session. A Club Risk Assessment Form is available for use by coaches. If a problem is identified the coach should consider whether the hazard can be removed, whether the facility management needs to be notified and if the planned session can still take place safely. The facility management should be contacted if there are any problems relating to access, security, the facility, equipment or lighting. Coaches should take a note of when and to whom the problem was reported and the action that will be taken.

On Match Day

The responsibility for determining if the pitch is safe on match day would usually lie with the umpire. If the captain/coach has any concerns regarding the safety of the home or away pitch on match days, they should discuss these with the Umpires and Opposition to determine the appropriate course of action.

TELEPHONES

Each team must have access to a mobile phone at pitch side for training and matches. In the event of an accident the facility manager should be kept notified of the situation.

FIRST AID KITS

All teams are provided with a First Aid Kit that must be available at training and on match days. It is essential that First Aid supplies are replaced when used. Replacement items are available from the Club Welfare Officer.

PROTECTIVE EQUIPMENT

Individual players are responsible for taking any protective equipment to matches and training and using these appropriately. The Club can provide facemasks for teams if requested through Team Captains. Responsibility for using these after purchase sits with the individual.

ACCIDENT/INCIDENT REPORT BOOKS

In case there are any repercussions from either injury or the treatment, it is essential that it is recorded by filling in an Accident/Incident report form and the Club Welfare Officer notified. Accident/Incident report forms are to be kept with each team's First Aid Kit. If there are Accident/Incident report forms present at the facility one of these should also be completed. This is part of the process of dealing with an accident, and should be done immediately after First Aid has been administered. For any Accident/Incident report forms that are filled in, a page of the CUHC Accident Book, which is kept at Wilberforce Road, must also be completed. Both Accident/Incident report form and completed page of CUHC Accident Book must be given to the grounds man at Wilberforce Road which will then be kept safely by the Cambridge University Safety Division and PE Department.

IN THE EVENT OF AN ACCIDENT

Accidents may still occur when playing hockey, despite all possible precautions being taken.

If an accident occurs remain calm but act swiftly and observe the situation. Think before you act. Is there a danger of further injuries?

- LISTEN to what the injured person is saying
- Deal with the life threatening situation

AIRWAY

BREATHING

CIRCULATION

The aims are to:

PRESERVE LIFE
PREVENT WORSENING
PROMOTE RECOVERY

- Alert a First Aider who should take appropriate action for minor injuries.
- In the event of an injury requiring specialist treatment call the emergency services (999) ensuring they know the exact location of the injured party.
- Deal with the rest of the group and ensure that they are adequately supervised.
- DO NOT move someone with major injuries. Wait for the emergency medics. DO NOT leave the patient until medical help has arrived.
- DO NOT give the injured person anything to eat or drink in case hospital treatment is necessary.
- Any person rendered unconscious (even momentarily) must be checked by a doctor.
- Remember to complete the appropriate accident/incident book ensuring that the Club Welfare Officer is also notified
- Never admit liability of any sort.

HOSPITAL TREATMENT

As a result of the injuries sustained some patients may need hospital treatment but the nature of the condition means that they may be safely transported by car or taxi. Another individual, in addition to the driver, should accompany the patient to monitor their condition.

The point at which the accident becomes an emergency requiring specialist help is determined by the First Aider managing the casualty. If there is the slightest doubt, there should be no hesitation in contacting the Emergency Services by dialling 999.

KEY SAFETY CONTACTS

EMERGENCY SERVICES 999
NHS DIRECT 0845 46 47

FACILITY CONTACT DETAILS

Wilberforce Road Sports Ground

Wilberforce Road
Cambridge
CB3 0EQ

01223 335996

ADDENBROOKE'S HOSPITAL

Hills Road
Cambridge
CB2 0QQ

01223 245151 (main switchboard)

CUHC Welfare Officers

Monty Fynn and Rhiannon Osborne

It is advisable to find out the facility telephone number and postcode for away venues in case of emergency.