



Cambridge University Women's Lacrosse Club Safety Policy



CUWLC is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern.

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 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:

President: Lara Dillingham

DETAILS OF FIRST AID PROVISION WITHIN THE CLUB:

- First aid kits available at all training sites and pitches
- During matches, at least two first-aid qualified umpires will be officiating
- The Club will make efforts to purchase a portable first aid kit for each of the two teams at the start of the 2018-19 season