



LOUGHBOROUGH STUDENTS' CHEERLEADING CLUB

Code of Practice 2011 – 2012

PLEASE READ AND FOLLOW THE INFORMATION BELOW CAREFULLY.

On purchasing your membership to the above club, via the LSU website, you accept the terms and conditions as laid down by LSU, the Athletic Union and the club. These can be found on <http://www.lufbra.net/au/> on the club's page.

The Athletic Union will offer a full refund to anyone who applies for it before the 31st of October of the same year the membership was purchased, provided a valid reason is given for wanting to leave the club. No refunds will be offered after this date, apart from in exceptional circumstances.

- You are reminded that you are solely responsible your conduct when representing the club at home or away fixtures, trips and training sessions.
- When travelling on provided transport ie minibuses, coaches, cars - **no alcohol** is permitted to be carried onto/consumed on board at any time – please note that the driver has the right to refuse to carry any individual in contravention of this.

Any breach of conduct will be looked upon seriously and could result in expulsion from the Athletic Union club and Loughborough Students' Union. **Help us to maintain Loughborough's good name at all times!**

UNIVERSITY FACILITIES

When using University facilities, all members must abide by the rules and regulations as set down by the Sports Development Centre (copies held by the club committee and the Athletic Union).

GENERAL

- If you feel at all unable to take part in any activity (warm up, jumps, stunting etc) due to health reasons, please inform the coach or the club's committee..
- If you have an ongoing medical condition, you are required to inform the head coach and club's committee (who will treat this in confidence).
- Please report to the person in charge when you arrive and leave, so they can note your absence in the event of an evacuation.
- All members must not act in such a way as to endanger themselves or their fellow members.
- Members will be shown manual handling techniques for moving equipment (large mat rolls) from the storage area to the training area by the club's committee at the start of the year

COACHING

- Future Cheer is the company used for all the club's cheerleading coaching qualifications (USASF – an American federation of cheerleading).
- Members are encouraged to take courses leading to various levels of qualification
- The club's Head Coach, in charge of each training session and who must be present at any competition entered, must have the minimum qualification of level 5 in both stunting and tosses.
- Other club coaches must hold level 2 in stunting and tosses
- At the club's committee's discretion, those members holding BGA qualifications may assist the Head Coach in the training programme.
- The committee is required to ensure that all club coaches complete and sign the AU's coaching contract.
- During training, members are divided into mixed ability groups and experienced members should be aware of novices' level of ability.

ATTIRE

- During rehearsals and practice sessions, cheerleaders should wear easy to move in, flexible clothing. This should consist of tracksuit bottoms, leggings or shorts made out of a reasonably non-slip material, and a t-shirt or sports top. Do not wear jeans or trousers that will drag along the floor or be in the way.

- Please wear trainers that can be fastened tightly and allow you to move freely (without worrying that they might fall off), and have full support around the ankle and the back of the heel eg no sling backs or backless trainers. Shoes should be secure at the start of the session.
- Hair should be securely fastened up away from the face with a soft band. Hair clips become a hazard when stunting due to sharp edges and the danger of them falling out or someone falling onto them.
- All jewellery should be removed (excluding small studs) as it can be very dangerous when stunting. Please remove **jewellery or stick a plaster over it** before the training session begins. All body jewellery, including studs and belly rings etc must be removed for competitions, not doing so will result in point reductions.
- Nails should be kept to a suitable length and no false nails or coloured nail varnish will be allowed for competitions.

COMPETITIONS

Besides following procedures as listed in Form B of risk assessments at competitions or other venues off campus – members must ensure that warm ups are only carried out in the designated areas as specified by the organizer and during the designated time slots. It is not permitted to ad hoc.

FIRST AID

- Medibags are provided for club use (one for each team) – these must be taken to all training sessions and matches/tournaments etc , both home and away– the club's committee to distribute.
- Members are encouraged to take the first aid course run by the Sports Development Centre.

ACCIDENT REPORTING

The club must ensure that at every training session/match (both home or away) and at any other club related activity it appoints one of its members involved in the activity on the day who will be responsible for:

- (a) Making sure that those present (including any opposition) are aware of emergency procedures for that activity
- (b) Being responsible for implementing those procedures (see below) for anyone present at that session should an accident/injury arise
- (c) When at an 'away' event, and before the start, to familiarize himself/herself with the emergency procedures at the venue.
- (d) Should an accident/dangerous occurrence (near miss) happen, then the appointed person must ensure that an **LSU ACCIDENT FORM** is completed as soon as possible and returned to Loughborough Students' Athletic Union within 24 hours of the accident occurring.

Copies of this form are to be found inside the club's medibag and also in the holder outside the Athletic Union door.

- (e) If the accident is serious and requires A & E hospital treatment, then the Athletic Union President should be immediately notified (01509 635054). If he/she does not reply, then Loughborough University Security must be informed (01509 222141)
- (f) Also, if on university campus, the accident must be reported to the duty member of staff for that facility.

Please read the following information carefully, and if you are unclear about these procedures, then please call into the Athletic Union.

WEDNESDAYS AND SATURDAYS – OCTOBER UNTIL MARCH **PARAMEDIC COVER provided by Athletic Union**

Paramedic situated outside the Rubbercrumb pitch– vehicle well marked with logo on sides and blue light on roof; is on duty from start of first AU fixture and until end of last AU fixture.

WHEN TO CALL PARAMEDIC

- Any head or neck injuries or loss of consciousness - **CALL IMMEDIATELY - ON NO ACCOUNT MOVE INJURED PERSON** from pitch/area until Paramedic arrives
- Any difficulty in breathing or any form of chest pain
- Any wound other than a graze

HOW TO CONTACT PARAMEDIC

The appointed person to have access to a mobile telephone/is aware of nearest campus telephone and follows procedure as below:

Phone SECURITY 01509 222141

Ask for Paramedic to be dispatched - state which team/club; where injured person is; brief description of injury

AT ALL OTHER TIMES WHEN PARAMEDIC COVER IS NOT PRESENT – the following procedures apply:

- Dial (9) 999 for the EMERGENCY SERVICES** – please note that the red emergency phones can be used to dial the emergency (9) 999 number. Please see the list below for emergency phone locations
- Inform Security** that ambulance is on its way and give them your location/building. Please dial 888 If using any internal university phone (including red phone) or 0800 526966 if using any other phone
- Inform the Duty Staff** who run the facility (see below) of location/building and nature of incident, who will then complete the University accident report sheet.
- The club is required to complete the **LSU Accident Report Form (as (d) above)**
- For all other first aid occurrences please contact the Duty Staff in charge of that Facility.

Location of Facilities' Emergency Internal Telephones

Athletics Pavilion	Side of counter (white phone)
Dance Studio	Corridor (white phone)
Dan Maskell Tennis Centre	Foyer (white phone)
EHB Squash Courts	Near Recreation Assistant's office (maroon phone)
EIS Pool	Reception (duty person or lifeguard)
HIPAC	Entrance Foyer (maroon phone)
Hockey Pavilion	Middle door entrance (maroon phone)
National Cricket Centre	Main entrance foyer on right hand wall (maroon phone)
Netball/Badminton Centre	Main foyer (white phone)
New Sports Hall	Foyer (maroon phone)
Performance Enhancement Centre	PEC Sports Reception (duty person)
Taekwondo Centre	PEC Sports Reception (duty person)
Victory Hall	Foyer (maroon phone)

For other campus areas/pitches, telephone Duty Staff:

<u>ASHBY UNIT</u> 07818 625839	Brockington (cricket) Cayley 1 EHB Sporturf Waterbase Hockey Pitch
<u>EPINAL UNIT</u> 07518 034822	Brockington Pitch (lacrosse, football, cricket nets) Hazlerigg Tennis Courts Holywell 1 st XV Paddock Rubbercrumb Towers Pitch
<u>FOREST UNIT</u> 07788 646130	Badminton/Netball Centre Dan Maskell Tennis Centre LTA (outside courts)

Towers (tennis courts)

SECURITY GATEHOUSE
01509 222141

Abbie Smith/Ann Wilson 15 June 2012