

## LOUGHBOROUGH STUDENTS' JUDO 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 31<sup>st</sup> 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 and Loughborough Estates Services (copies held by the club committee and the Athletic Union)

- The club is affiliated to the British Judo Association and adheres to the rules and regulations laid down (copies of handbook kept by club committee)

#### **GOVERNING BODY**

It is advised that members familiarize themselves with the following:

<http://www.britishjudo.org.uk/home/index.php>

- All members to wear appropriate clothing ie judo suits - the club has several to loan to new members, it is expected that members will eventually purchase their own.
- Please make sure that fingernails, toenails are kept short and no metal objects are taken onto the mats (remove jewellery, watches etc) and footwear is to be worn off the mat, eg slippers, sandals or shoes (nb clean indoor shoes if using University facilities)
- If any member has an existing injury, he/she to make sure that the coach/person taking the session is aware of the problem.
- Club sessions are run by members who have reached the minimum standard of Club Coach, a standard awarded by the British Judo Association.
- Novices will not be allowed to train unless supervised (as 4. above). All members of Loughborough Students' Judo club must have purchased a British Judo Association Licence within a month of starting Judo, this is for insurance purposes.
- During training sessions members should be aware of other people on the mats and take care not to train or fight next to the edge of the mat.

#### **EQUIPMENT**

Mats are provided, but it is crucial that they are handled correctly. The club committee will instruct on how to stack after use; mats should be tightly packed on the gym floor ie no gaps permitted between

mats as this could be dangerous (and you should check that mats stay together during use). Damaged mats should not be used and should be reported to the Club Committee, coach and also SDC Duty Manager.

### **BREAKFALLING**

Beginners will be instructed on correct falling techniques in order to avoid injury.

### **GRADINGS AND COMPETITIONS**

Members are encouraged to attend gradings (a British Judo Association licence must be purchased by club members to do this - forms available from club committee).

Members who hold grades from different associations may be required to obtain a BJA licence in order to fight in competitions depending on the entry requirements of that competition.

### **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:

ASHBY UNIT  
07818 625839  
Brockington (cricket)  
Cayley 1  
EHB Sporturf  
Waterbase Hockey Pitch

EPINAL UNIT  
07518 034822  
Brockington Pitch (lacrosse, football, cricket nets)  
Hazlerigg Tennis Courts  
Holywell  
1<sup>st</sup> XV  
Paddock  
Rubbercrumb  
Towers Pitch

FOREST UNIT  
07788 646130  
Badminton/Netball Centre  
Dan Maskell Tennis Centre  
LTA (outside courts)  
Towers (tennis courts)

SECURITY GATEHOUSE  
**01509 222141**

Leo Jofe/Ann Wilson1 June 2011