

## **LOUGHBOROUGH STUDENTS' KITE SURFING CLUB**

### **Code of Practice 2011 – 2012**

Kitesurfing can be a dangerous sport if not done correctly.

#### **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 (copies held by the club committee and the Athletic Union)

#### **SAFETY CONSIDERATION**

It is important to follow these guidelines to reduce danger for yourselves and others and to keep Kitesurfing open on UK beaches.

N.B. Kitesurfing must never be attempted unless:

1. You hold third party insurance
2. You are a competent swimmer
3. You have undertaken proper lessons from a BKSA/ IKO qualified instructor (currently provided by Airboss at Prestwold Airfield, near Loughborough and The Cable, Sheffield)).

#### **KITESURFING ROAD RULES - BEACHES**

Be sure that you can handle the prevailing weather conditions and never sail in offshore winds unless it is in a suitable location (very rare). If in doubt don't go out!

- The upwind rider gives way to the downwind rider.
- The rider on the port tack gives way the rider on starboard tack.
- Kitesurfers using the seafront should give way to other water users and retreat to a safe zone outside of the navigational channel when other craft approach.
- The seafront can get exceptionally busy both on the beach and in the water. No matter how competent you are, or good the conditions look, never risk the safety of others. If in doubt don't go out.
- Always maintain a 50-metre downwind safety zone between yourself and other craft. In the event of coming into conflict with other water users, stabilise your kite at 12 o'clock. (top of the wind window).
- Never kitesurf within 50-metres upwind of any moored vessel.
- Never kitesurf in or near to the bathing areas and swimmers, buoys and boat moorings.

- Never practice jumping on land or close to the beach.
- When returning to the beach, give way to riders who are launching.

## **GENERAL SAFETY GUIDELINES**

- Members are not permitted to ride alone.
- Helmets must be worn for any board related activity.
- The BKSA very strongly recommend that a helmet or quality head protector is worn at all times while kite surfing.
- When using beaches, the club ensures that they must be lifeguarded either by the local authority or a qualified club committee member.
- Check the local weather conditions before riding and ensure you fully understand the tidal currents and how they might affect the riding area. The currents off many British seafronts can be more like a fast flowing river and are potentially dangerous.
- If you lose your kite or board whilst on the water, always report you are safe to the rescue services so they do not waste time and money looking for you. It is recommended that you write your name, address and contact number on all your equipment.
- Always keep your lines away from people, animals and craft on land or water. Do not leave your equipment unattended on the beach and be polite to other beach users.
- Always act in a responsible manner. If new or careless riders show up, talk to them with your friends about what are risks. Take the time to explain how to safely get into the sport, and where to obtain adequate and professional instruction.

## **KITESURFING ROAD RULES – IN LAND**

All members must make themselves aware of the various centres' current rules and regulations for use (given by instructors at preliminary training sessions and also copies on clubhouse noticeboard) and comply with the same.

## **EQUIPMENT**

Members are permitted to use their own kites, boards, harnesses, lines and helmets, which must be checked by the club's committee at the start of the year before using during club sessions.

The club also provides the above equipment for members and this is regularly checked by the club's committee as follows:

- All manufacturers' instructions and safety guidelines must be read and followed, in particular the limitations of the product.
- Equipment must be regularly checked for wear and tear and repaired before going out on the water and on land. If in doubt seek advice from an authorised dealer, approved BKSA/IKO instructor or more experienced local rider.
- Always check your equipment thoroughly and ensure your kite is properly inflated. An under inflated kite is difficult to control and harder to re-launch.
- Always use an effective kite leash and safety system so you can kill your kite instantly in the event of an emergency.
- Never tether yourself to the kite with a closed system. Only use quick release harness systems and practice activating such systems under tension.
- Carry a knife that is capable to easily cut the heaviest flying line you are using.

## **SETTING UP, LAUNCHING & LANDING**

- Do not lay lines across the path of other users and never launch in crowded areas.
- Select a safe launch site and allow enough space for any difficulties you may get into. If it's possible ask a friend to help you.

- Never ask an inexperienced member of the public to assist.
- Extra care should be taken during busy times. On occasions, it might be too busy to launch safely unless a specific launch area is in operation.
- Prevent kites from re-launching with sand (or other ballast) to weigh them down and ensure that sand/balalst will not be dropped on other users when self-launching.
- Fully disable unattended kites and return your lines to the kite so you don't cause inconvenience to other users.
- Look out for riders returning to shore and be ready to help land their kites.
- Never kitesurf in congested areas with swimmers, boats, other craft or obstacles.
- If you ride alone let someone know you are out and what time you expect to return.
- Always maintain a downwind safety zone especially when jumping. Look before you jump.
- Never ride so far away from the shore that you cannot swim back in an emergency.
- All riders should be familiar with rescue signals and practice self-rescue pack down manoeuvres when undergoing kitesurfing instruction with qualified BKSA/IKO instructors.
- If you need to swim, kill the power in your kite, wind the lines onto the bar and deflate the leading edge.

#### GOVERNING BODY

Please read the information contained in the following link:

<http://www.britishkitesurfingassociation.co.uk/kitesurfing-guides/faq-safety.html>

#### 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:

<b>ASHBY UNIT</b>	Brockington (cricket)
07818 625839	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**

Matt Druce, Ryan Segal/Ann Wilson 25 May 2011