



LOUGHBOROUGH STUDENTS' LACROSSE 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

The club affiliates annually to the English Lacrosse Association and members are requested to follow its guidelines.

GOVERNING BODY

<http://www.sportcentric.com/vsite/vnavsite/page/directory/0,10853,5106-163867-181084-nav-list.00.html>

- Trainers or studded boots should be worn for outdoor training or matches.
- When using the Rubbercrumb/EHB artificial surfaces, moulded studs only or trainers to be worn.
- For any indoor sessions appropriate indoor footwear should be worn.
- Players should be aware that accidents may arise from:
 - players being struck by a stick
 - players being struck by the ball
 - players tripping, slipping or colliding
- Players should ensure their sticks are legal i.e. strings are tight.
- A suitable level of fitness is required to maintain a safe standard of play.
- Players are recommended to wear gum shields and gloves for extra protection and there should be no metal showing on studs.
- Goalies will be well protected with helmet and padding of which the club has a selection of kit.
- It is mandatory that helmets are worn by male members for matches and training (not a requirement for women or mixed).
- Members are permitted to use their own helmets, gloves and sticks, which are checked before use at the start of the year by the committee.

- Members will be given manual handling training for moving goals at the start of the year, by the club's committee/coaches.
- Members to make sure that the goal nets are securely in place before the start of any activity
- Any damage to club kit or the goals should be reported to the club's chair or a committee member and not used. The committee will also inform the SDC duty manager.
- A thorough warm-up takes place at the start of each training session/match – led by the coach or club captain.
- Coaching for both men and women is taken by suitably experienced committee members. On occasions, external coaches are used for specialized sessions.
- Members are encouraged to take the English Lacrosse Level 1 Coaching Award.
- All members must be aware of the proximity of other users.
- Food and drink are permitted to be brought to training and matches, however, they must be kept off the playing area and stored safely on the sidelines and not be a hazard to others.

NEW RULES - WOMEN'S GAME

Players must be aware of the following:

There are now hard boundaries in place on the pitch.

Restraining lines; eight attack players are allowed over the line in their attacking end and nine defence players (including the goalie) are allowed over the line in their defensive end. Violation is a minor foul.

Yellow cards; the player must leave the field for two minutes of elapsed playing time. A substitute may take her place.

Red cards; this player is suspended from further participation in the game. There must be a five-minute lapse of playing time before a substitution can enter the game.

There is no longer a second draw. If one player fouls, the ball will be awarded to her opponent; if both players foul, a throw will be taken.

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:

- (a) **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
- (b) **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
- (c) **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.
- (d) The club is required to complete the **LSU Accident Report Form (as (d) above)**
- (e) 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
1st 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

Adam Henbrey/Ann Wilson 14 June 2011