



LOUGHBOROUGH STUDENTS' MOUNTAINEERING CLUB

Code of Practice 2011 – 2012

The club functions under the club guidance notes produced by The British Mountaineering Council (referred to as the BMC throughout) available from the club's committee and copy held in the Athletic Union office. Members' attention is drawn to the BMC's participation statement " The BMC recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

Whilst not pretending to be an instructional body, the club is able to offer advice and guidance to members on any aspect concerning safety and basic techniques.

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!**

AIMS

The club aims:

- To encourage and develop all aspects of mountaineering by trips, expeditions and lectures.
- To provide, equipment, transport and other facilities (i.e. fitness sessions).
- To encourage attendance on BMC skills courses (subsidised by the club and the Athletic Union).
- To promote safety and good practice.

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).

TRAINING

- All training sessions will be run by either the Training Secretary or a competent member of the Mountaineering Club.
- The person running the training session will be first aid trained and carry a first aid kit to every session.
- All instructions given by the member taking the training session should be followed at all times.
- All equipment should set up correctly if unsure please ask for help.
- Appropriate clean, non-marking indoor footwear should be worn when training in the indoor facilities.

CLUB ACTIVITIES

- Any outdoor activity group leader should ensure that he/she carries a first aid kit - personal kit may be carried at member's own discretion.
- Before attempting any of the activities listed below it is important to notify other club members of your intended plans, routes and options, should weather conditions change, also expected return time. Group process should be followed at all times.
- The group leader will be competent at map reading and navigational skills at an appropriate level for the activity undertaken. The club does not own a GPS device and does not condone their use for navigation on club trips.
- Members who are unsure of any aspect of any club activity should ask a more experienced member for advice.
- Groups should be of a practical size for the activity being undertaken and shall be supervised by an adequate, competent member (as agreed with the Committee).

If a problem arises and your plans drastically change and your arrival time will be several hours late, or unplanned pitch overnight - please use nearest telephone and contact (a) other club members on the trip - if no contact is made then (b) notify the Mountain Rescue to relay message.

ROCK CLIMBING

SOLOING IS BANNED ON ANY CLUB MEETS.

Club helmets are available and their use is HIGHLY recommended.

All members are requested to be courteous of other crag users.

TRANSPORT

- If using a roof rack it is essential to ensure everything is securely tied down
- Please note that equipment on minibus roof racks is not insured on Students' Union policies.
- Any dangerous articles, such as ice axes, should be secured under seats or secured at the back of the bus.
- Gangways and emergency exits must not be blocked inside minibuses to allow easy entry and exit.

Please note that it is the driver's responsibility to ensure that the points above are followed and members are requested to follow his/her instructions.

While driving cars on club trips, all drivers/ vehicles must register with LSU beforehand.

CLIMBING WALLS

External

It is important that any guidelines issued by external climbing centre should be strictly adhered to.

Campus climbing walls

Edward Herbert Building – Loughborough Students' Mountaineering Club Climbing Wall. - It is required that any member wishing to use this wall completes the climbing wall users form (provided by the club committee)

- At the start of the year, all members are given a conditions of use form and medical questionnaire and these must be completed and signed off by the club committee before participating in any activity, including the climbing wall,
- Climbing wall rules are displayed at the wall and on the form.
- Report any injuries to committee members, Athletic Union by following the information as listed below (see accident reporting)
- The committee members have the right to refuse permission for members to use the wall if incorrect usage is observed.

SINGLE PITCH ROCK CLIMBING

This is recommended for beginner groups and can be led by suitably competent club members.

- Inexperienced members will be shown how to put on a harness and tie into the rope before climbing. Members should check each other's equipment to ensure this has been done correctly.
- Top rope systems should only be set up by suitably experienced members of the club. Top rope systems **MUST** also be checked by **ANOTHER** suitably experienced member of the club or instructor.
- Members will be shown how to belay correctly and must be supervised by a competent member until they feel confident in the novice's capability.
- These are the basic climbing rope work skills and if done correctly you are secure on the rope system. Do not proceed to climb unless you are sure you have done this correctly. If unsure **ASK**.
- Members who lead climbs do so under their own judgement and recognition of the risks involved.
- All members will follow the BMC best practise guide for cragging: <http://bit.ly/cragcode>

BOULDERING

This is recommended for beginner groups and can be supervised by suitably competent club members.

- Inexperienced members will be shown how to spot a climber as he or she falls off.
- The use of bouldering mats is highly recommended.
- All members will follow the BMC best practise guide for bouldering, which is available here: <http://bit.ly/boulderingcode>

MULTI PITCH CLIMBING

This is not to be undertaken by complete beginners.

- This should only be attempted by suitably competent climbers with novice multi pitch climbers of reasonable ability and experience at single pitch climbing.
- Members should check the local weather forecast before attempting any multipitch climbing.
- Survival bag, adequate warm and weather proof clothing and food should be carried on any multi pitch trip.

SUMMER HILL WALKING

Novices who are suitably equipped (hiking boots and waterproofs) can take part in this activity under the guidance of a competent club member.

- Local weather forecasts should be checked before going out.
- Spare clothing, food and drink, survival bag and whistle should be carried in case of emergencies.
- Route selection should be checked by the experienced members of the party.

WINTER MOUNTAINEERING

Winter hill walking.

This is defined as any trip which consists of hill walking but includes crossing of snow and ice.

- Guidelines as for summer hill walking are to be followed with special attention paid to weather and ground conditions.
- Group members must have suitable footwear and clothing for winter conditions, (E.g. ice axe and crampons if required.) Members must have previous knowledge of use of equipment.

- Spare clothing, food and drink, survival bag and whistle should be carried in case of emergencies.
- The group should be led by an experienced club member who has attended a winter mountaineering skills training course.

WINTER CLIMBING

SOLOING IS BANNED ON ANY CLUB MEETS.

Club helmets are available and their use is HIGHLY recommended.

This constitutes an activity which involves any graded winter climb.

- This is only to be attempted by appropriately experienced club members, and inexperienced members are not to undertake such activities.
- Full details of the intended route are to be left by the party with other experienced group members.
- Members are to be suitably equipped for the activity.

EQUIPMENT

- A recommended kit list will be issued to every club member with regard to club meets and trips (www.lsmc.org.uk/info)
- Any damage to club equipment (including falls) is to be reported to the gear secretary as soon as possible.
- Club helmets are available and their use is STRONGLY recommended.
- Usage records for ropes are kept and they will be designated for use based on this information.
- Club equipment will be periodically inspected for maintenance, retirement and replacement, by a qualified external company.
- Members are requested to treat all of the club's equipment with due care and attention – please note that any loss or damage through negligence may result in individuals being charged for repair/replacement costs.

GOVERNING BODY

It is recommended that members familiarize themselves with the following:

<http://www.thebmc.co.uk/Category.aspx?category=8>

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

Loughborough Students Mountaineering Club

EHB Climbing Wall Conditions of Use

Users of the climbing wall must read and accept the following conditions of use before being allowed on to the climbing wall. Failure to comply will result in the offender being prevented from further use of the wall.

1. There must always be at least two people in the room when you are climbing
2. Never stand on landing area mats unless in the process of climbing or assisting a climber.
3. Follow the instructions given by Sports Development Centre staff and committee members.
4. Only climb on the constructed climbing wall and above the fixed landing area mats.
5. Climbing under the influence of alcohol is not permitted

Please read and answer the following questions:

Are you over 18 years of age? _____

Do you understand the matting under the walls does not guarantee your safety? _____

Have you read and understood the Conditions of Use and Rules of the centre? _____

Do you understand that failure to exercise due care could result in your injury or death? _____

Do you have any questions regarding the application of the Conditions of Use or the Rules? _____

Do you agree to abide by the Rules of the EHB? _____

I certify that to the best of my knowledge, I do not suffer from a medical condition which might have the effect of making it more likely that I be involved in an accident which could result in injury to myself or others. I also confirm that the above information is correct and if any information changes I will notify a committee member:

Name: _____

Student / Staff number: _____

Signed: _____

Date: _____

LSMC Medical Form

Please complete the below form to the best of your knowledge. All information will be kept strictly confidential and will be shredded when you leave the club. Please inform a committee member if any of the information changes throughout the year.

Name:		Male / Female
Mobile:		
Email Address:		
Term Time Address: (If halls, just put name of hall)		'Home' Address:
Next of Kin 1: Name: Relationship to you:		Next of Kin 2: Name: Relationship to you:
Work / Home / Mobile: Work / Home / Mobile:		Work / Home / Mobile: Work / Home / Mobile:
Address:		Address:
Any known allergies:	Anything else you think we might need to know in an emergency (If you don't want to write it down please have a quiet word with a committee member, it could save your life)	

Signed

Date

Jools O'Neill
04/10/10

www.lsmc.org.uk/storage/medicalform.pdf