

LOUGHBOROUGH STUDENTS' ROWING CLUB Code of Practice 2011 – 2012

Rowing can be a dangerous sport if not done correctly, therefore:

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's committee and the Athletic Union).

GENERAL

The club affiliates annually to the British Rowing Association and all members are expected to follow its guidelines:

GOVERNING BODY

<http://www.britishrowing.org/coaching-training>

- At all indoor training sessions the correct clean, indoor footwear must be worn. No outdoor footwear permitted.
- The circuit sessions are led by committee members. Before the session begins all equipment should be checked to ensure it has been set up correctly.
- The club's committee will show members correct manual handling techniques for moving/storing equipment, including boats and trailers, at the start of the year.
- The warm up and the warm down should be done in full and correctly to help to prevent injury.
- To help re-hydrate - members should bring bottled water to training and competitions, which can be placed in the foot-well of the boat.
- The club owns a range of racing shells, oars and riggers. It is the club's Equipment Officer's responsibility to check and maintain these. Any faults must be logged in the appropriate log book at the clubs/NWSC and also the club's committee be informed.
- Bow –balls must be fitted to each boat before use – if missing, please report to the club's committee and do not use the boat, also note it in the log book.
- Members are encouraged to undertake various coaching awards

ROWING ON THE RIVER/NATIONAL WATERSPORTS CENTRE

- You must be able to swim 50 m in light clothing and shoes.. All members must have completed the Athletic Union swimming test, organised by the Athletic Union at the beginning of the Autumn Term, before being allowed to row.
- Pool users should note that the EIS pool floor can be up to 2 metres deep.
- If you are a novice rower you will start off in a restricted boat. This is for approximately six months depending on the number of times you have been on the water or how quickly you pick things up. Your coach will decide on how quickly you can progress.
- Appointed club coaches are usually experienced club members or suitably qualified external coaches.
- All coxes are required to wear lifejackets and to ensure the code of the river is followed. This is displayed inside Loughborough Boathouse, Nottingham and Union Rowing Club and in the Waterman's office at Holme Pierrepont - we encourage all members to read it.
- Weather conditions - assessed on the day by a club committee member or cox or experienced rower - it is your own responsibility on the day if you ignore advice given. Also consult Waterman for restrictions re forecast at Holme Pierrepont.
- Novice coxes shall, until they are judged competent by the captain, only cox those senior crews.
- At all race meetings, a designated member of LSRC will be in charge of all attending club members for the day.
- If hosting a race, then at least one St John first aider must be present .
- All members must follow the rules/guidelines as laid down by the facility used, ie Holme Pierrepont.
- Rowers wishing to use the gymnasium at NWSC must sign in at Reception with a valid gym pass from the Committee.
- All members should be aware of other river users when on and off the water.

CLOTHING

- Clothing should not be loose as it can get caught up by the oars.
- If representing the club at events, then members are required to purchase and wear the club's racing all-in-one.

CAPSIZING

Capsizing happens very rarely. But you will be taught capsize drills by a qualified instructor.

BOAT TRANSPORTATION

- When lifting boats make sure you have help and use correct lifting techniques. The cox will shout out any orders.
- Road trailers and lighting boards must be inspected before use each time and must hold a current road worthiness certificate.
- All craft transported must be adequately secured to any vehicle used and be adequately marked.
- Be especially careful when carrying the boats out of the storage areas to the water (possibility of having to cross road and other obstacles ie racking areas).

NOVICES' TRANSPORT TO LOUGHBOROUGH BOAT CLUB

- Due to transport restrictions (ie Freshers not old enough to become minibus drivers and relatively short distance to boat club) – novices often cycle or run there and back,
- Members to use the designated cycle/footpath along Epinal Way and the A6 - and then pay extra care when travelling the short distance from the A6 to the boat club.

- Members should follow the highway code.

INJURIES/FIRST AID

These do not often happen, but this is the standard procedure:

- Get the casualty off the water as quickly as possible.
- Portable medibags provided by club will be taken to all races/training sessions and a first aid box is situated in the club house at Loughborough Boat Club and also Nottingham and Union Rowing Club. At Holme Pierrepont, report to Reception for a first aider to be summoned.
- Members are encouraged to take the first aid certificate course run by the Sports Development Centre.

Members are required to read information relating to Weil's disease and other waterborne diseases <http://www.guardian.co.uk/lifeandstyle/2010/oct/26/weils-disease-andy-holmes>

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:

<u>ASHBY UNIT</u> 07818 625839	Brockington (cricket) Cayley 1 EHB Sporturf Waterbase Hockey Pitch
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<u>EPINAL UNIT</u> 07518 034822	Brockington Pitch (lacrosse, football, cricket nets) Hazlerigg Tennis Courts Holywell 1 st XV Paddock Rubbercrumb Towers Pitch
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<u>FOREST UNIT</u> 07788 646130	Badminton/Netball Centre Dan Maskell Tennis Centre LTA (outside courts) Towers (tennis courts)
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SECURITY GATEHOUSE
01509 222141

