



LOUGHBOROUGH STUDENTS' WOMEN'S BASKETBALL CLUB

Code of Practice 20011 – 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)

- Correct indoor footwear must be worn to all sessions/matches/competitions.
- It is recommended that you wear proper basketball boots.
- If someone is injured/has a medical condition, they must notify the club chair and coach immediately and stop if it worsens.
- If members have weak or injured ankles, fingers or knees it is recommended to strap them up before games/training sessions.
- Trainers and shoes used for outdoor use will not be permitted.
- Members are expected to wear comfortable non-restrictive sports clothing for any training session and appropriate club kit when playing matches.
- No jewellery will be allowed on court for either training or match.
- When playing in the Victory Hall please be aware of the radiators and pillars that are positioned by the side baskets. Also make sure all windows are closed and not sticking out.
- If the carpet has been left rolled up next to the court please ensure it is placed away from the court before play begins.
- Spectators should be kept back away from the court and asked to use the balcony if possible.
- Coaches are provided for the union teams. These maybe outside coaches or student coaches.
- The number of players in facilities should be kept within safety guidelines.
- Food and drinks are not permitted in the sports halls. However, members are advised to keep well hydrated during training and matches and to bring plenty of water. All water must be kept in a sealed bottle off the court and in people's bags when not in use.

- At all club training session/matches at least one person must be aware of the emergency procedure for that facility and have attended the annual AU Safety Lecture.
- If at any time courts floors become slippery, or roofs leak! please report any problems immediately the SDC Duty Manager, to the Athletic Union President and club committee member.
- If anything is spilt on the court during the match it must be cleared up before play can commence. Please note that should any blood injuries occur, then the SDC Duty Manager must be informed in order to clean the court sufficiently.

COURT AWARENESS

- Players should be aware that accidents may arise from:
 - (a) Players being struck by other players.
 - (b) Players being struck by the ball.
 - (c) Players tripping, slipping or colliding. whilst turning at speed.
 - (d) Players wearing unsuitable or damaged footwear.
- Basketball involves sudden lunges and stretches, therefore it is important to be fit for your level of game and to warm up thoroughly before starting any session or match.
- Experienced players should be made aware and make allowances if novices are playing on court at the same time.
- Balls for matches and training are provided by the club however for recreational use they can be hired from the SDC Stores.
- Balls should be fully inflated before use.
- Before every training session and match, the basketball rings should be checked for sturdiness.

GOVERNING BODY

The club annually affiliates to England Basketball and It is recommended that club members read the following England Basketball policies:

Code of Ethics and Conduct

<http://www.englishbasketball.co.uk/articles/article.aspx?aid=56&pid=169>

Anti Doping

<http://www.englishbasketball.co.uk/articles/article.aspx?aid=39&pid=80>

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:

<u>ASHBY UNIT</u>	Brockington (cricket)
07818 625839	Cayley 1
	EHB Sporturf
	Waterbase Hockey Pitch

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

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

SECURITY GATEHOUSE
01509 222141