



Clubs & Societies | Code of Safe Practice



Self-Evaluation & Action Plan Template

The Code of Safe Practice is a self-evaluation template and action plan that outlines how your Club/Society will manage your activities to ensure the safety and wellbeing of members and third parties who may be affected by the activities of the club/society.

Club/Society Committee Officers have a key role to play in this regard and ultimately are responsible for ensuring that the club/society operates in a safe manner. You are responsible for bringing to the attention of all members the contents of this document, and for ensuring that in so far as is practicable all members adhere to the contents. At all times you must operate to any safety guidelines as laid down by your National Governing Body of Sport or Organisation. If guidelines exist they must be appended to this document.

The Code of Safe Practice must be reviewed and uploaded to the online management system on an annual basis to ensure that the contents are still relevant to the activities of the club/ society. If the club/society is participating in new and additional activities that may have safety implications the officers should draw up a policy to state how the club/society is going to minimize the risk associated with those activities. The receipt of funding from CLC/SLC is contingent on the receipt of an up-to-date Code of Safe Practice.

If you require assistance in the completion of this form please contact:

- **CLUBS:** Molly Moran, Senior Sports Development Officer, Sports & Wellbeing, e-mail yvonne.mcgowan@dcu.ie, Tel: 01-700 5811 ●
- SOCIETIES:** Siobhan Byrne, Head of Clubs & Societies ,Office of Student Life, e-mail siobhan.byrne@dcu.ie, Tel: 01-700 5585
- **DCU Health & Safety Office:** Paula Hawkins, Health & Safety Advice, e-mail safety@dcu.ie, Tel: 01-700 7034

Club/Society Participation Statement

The activities undertaken by Dublin City University Clubs and Societies carry an element of risk, including the risk of injury and death. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.

Individual Responsibilities

- All participants in Club activities are responsible for their own actions and for making their own assessment of risks. If they are unsure about any issue or have any problems, questions or concerns it is the individual's responsibility to raise these with leaders or committee members.
- It is the responsibility of the individual to bring to the attention of any trip/activity leaders any known medical condition or previous injuries that may affect their or other Club member's safe participation in canoeing activities.
- Members are encouraged to seek further training at every opportunity.
- It is the responsibility of the individual to report any damage, loss or failure of club equipment to their Club's Equipment Officer. There should be adequate notices around club storage to ensure that this procedure is followed at all times.
- It is the responsibility of the Parent or Guardian of members under 18 to read and sign a membership form on behalf of the member before any activity can take place. The form is : Sample application form Junior Members' available at www.dcu.ie/sports-wellbeing

CLUB/SOCIETY DETAILS Information
Club/Society name: DCU Weightlifting Club
Date this Code of Safe Practice Completed: 24/08/23
Version Reference:
Outline the main activities undertaken by your club/soc: Training and Competition in the sport of Olympics Weightlifting
Name of person(s) completing this form: Sorcha Broe-Brady
Sorcha Broe-Brady Confirm the name(s) of the officer responsible for disseminating the Safe Code of Practice to members:
Confirm the officer responsible for reporting all accidents to the DCU Health & Safety Officer, e-mail safety@dcu.ie : Sorcha Broe-Brady

Have you uploaded a copy of your club or society constitution? Yes

Please indicate if your club/soc is familiar with: DCU Clubs & Socs 'Keeping it Safe' guidance document available at: Yes
<https://sites.google.com/dcu.ie/dcuclubssocsoperationsmanual20/keeping-it-safe>

Is there a National Governing Body (NGB) for your Sport/Society: Yes

If Yes please provide full name of NGB and website:
Weightlifting Ireland, <https://weightliftingireland.com>

Does your NGB have a Safety Code: Yes
If Yes please attach a copy to this code or provide a web link to the policy:
https://weightliftingireland.com/wp-content/uploads/2019/09/W.I.-Safety_Statement_Web.pdf

Does your club/society comply with this NGB Safety code? Yes
Do you have a copy of codes of practice or regulations for facilities
that you use regularly? Yes

INSURANCE Information	
Does your NGB require you to take insurance? If yes please give details and attach a copy of the policy.	No
Indicate how you have made your members aware of the DCU Students' Personal Accident and insurance cover? Please note the limitations of this policy and the exclusions that apply, see DCU Insurance Policy 2022	We will make students aware at the first meeting and first training session verbally
Is your Club/Soc using an external venue for hosting a DCU event? If yes have you notified Clubs & Socs or DCU Sports & Wellbeing so as DCU's Public liability insurance can be extended to this venue if required?	Yes

<p>Is your Club/Soc planning to host a major event on or off campus this year? If yes have you notified the Clubs & Socs or DCU Sports & Wellbeing So as DCU's Public liability insurance can be reviewed?</p>	<p>No events planned</p>
<p>Does your club/soc have the appropriate Equipment Insurance to protect your equipment in the event of fire and theft? If yes please provide details.</p>	
<p>Are you planning any overseas trips? If so, provide details of travel Insurance you have in place for this trip.</p>	<p>No</p>
<p>Do your Coaches/Instructors have their own Professional Indemnity Insurance? If yes please attach a copy.</p>	<p>No</p>

<p>TRAINING & COMPETENCIES Information</p>	
<p>Have your committee members attended the DCU Event Management/ Health & Safety Workshop and the Incident Management workshop? Please indicate the name(s) of Officers who attended.</p> <p>Last academic Year, We held a group meeting of all committee members and went through and discussed the workshop powerpoint and material. We will do the same when an workshop is organized this year</p>	
<p>Please indicate if your committee and coaches have held a briefing session on training, instruction and health and safety applicable to their activity/facility.</p>	<p>We will hold this meeting at the first meeting of the academic year</p>

Please indicate the names and qualifications of coaches/instructors and indicate whether relevant certificates verifying qualifications and insurance has been received.

Alex Gibney, Level 1 Weightlifting Coach
Sorcha Broe-Brady, Level 1 Weightlifting Coach

Please list any competency tests for new / existing members conducted by the club/society. This could be in the form of an induction, accreditation, course or test. Introduction classes to insure new members can perform the movements correctly and effectively

EQUIPMENT Information

Types Of Equipment: Indicate the various types/categories of equipment that the club uses and/or submit an equipment log.

Barbells and weights

Usage of Equipment: indicate how members are trained as necessary in the safe use of all equipment supplied to them

Introduction to new members on proper weightlifting techniques

Equipment Log: who is responsible for maintaining a register of equipment to include purchase dates, price etc

Alex Gibney, Equipment Officer

Checking Equipment before use: Is equipment subject to a visual or written inspection for defects before use? Who is responsible?

Yes, members are shown how to ensure their equipment is in good condition

Storing Equipment, detail how and where equipment is stored, and/or transported.

Stored in the club locker on the DCU campus

Maintenance of Equipment as per manufacturers or NGB guidelines:

Alex Creedon

State the name of the Officers with responsibility for equipment

maintenance and regular safety checks.

Damaged/Unwanted equipment/Disposal of equipment: State your policy for damaged or unsafe equipment and disposal of old equipment.

Hire of Equipment: Do you plan to hire equipment for use on campus
no
where there is a high risk of a potential injury/accident? If so, provide details. Note: Permission must be obtained from the Estates Office and the Health and Safety Office and/or a permit to work issued. Form is available at www.dcu.ie/estates/contractors.shtml

equipment to club members; please include details of the club officer responsible for overseeing policy; records of loaned equipment; criteria for borrowing equipment, etc.

Loaning Equipment: Please outline your policy on loaning We do not loan equipment

FIRST AID Information

High Risk Sports clubs must have at least one occupationally trained first aider. Please indicate if you are amongst this list and if you have a nominated first aider(s). List of High Risk Sports clubs is available from Keeping it Safe guidelines at www.dcu.ie/sports-wellbeing

n/a

Please indicate the committee members that have attended the Casualty Management workshop held early in Semester 1.

Boris Sercken

If you are involved in an adventure sport you must have at least one member trained in Rescue and Emergency Care (REC). Indicate the names of the trained members and if they hold a REC 2 or REC 3.

n/a

Does your club/soc have designated Athletic Therapy & Training students? If so please state names and a summary of when they provide services.	n/a
Please indicate the committee member that is responsible for ensuring that the club has a fully stocked first aid kit. Please note First Aid supplies are fully funded by the CLC/SLC. Please contact Clubs & Socs or DCU Sports & Wellbeing for first aid supplies.	Alex Creedon
List your COVID Officers Tomas Broe-Brady	

Indicate the committee members who will complete the DCU Injury/Incident Report Form for accidents and near-misses available at https://www.dcu.ie/safety/incident_near_report_form.shtml If you are hosting a major event First Aid Provision must be arranged. Please provide details of provision for events if applicable.
Sorcha Broe-Brady n/a

RISK ASSESSMENT Information	
Are Risk Assessments undertaken for all club/soc activities? If Yes please list the date of last risk assessment and please attach a copy (see template at end of this document)	Yes, 24/8/23
Are Risk Assessments recorded and regularly reviewed? Please indicate how often risk assessments are reviewed.	Each year they are fully run through and updated
Please indicate which committee member is responsible for carrying out risk assessments for regular/new/once off club/society activity.	Sorcha Broe-Brady

Are Dynamic Risk Assessments carried out for trips and events and recorded? (see guidance at the end of this document)	n/a
CLUB/SOCIETY SPECIFIC HEALTH & SAFETY INFORMATION Information	

Clubs/Societies should include any other area related to Health and Safety for their activity that requires action (e.g. National Governing Body or organisations Safety Code etc)	n/a
H&S CONCERNS PROCEDURE Information	
Please detail your procedures for members to identify concerns regarding Health and Safety during activities.	Report to member of committee or coaches available

TRIPS Checklist Information	<i>You are required to do a trip specific risk assessment / checklist for all individual trips</i>
Trip Leaders: do leaders have the necessary knowledge, experience and qualifications, where appropriate to lead a trip	
Insurance: Is all appropriate travel insurance for the group in place?	
Risk Assessment: for all activities should be undertaken and all possible control measures put in place	
Dynamic Risk Assessment: on the day of the activity should be undertaken and should consider the local environment, weather, leaders, opposition level etc (see guidance at the end of this document)	

Safezone App: Have you identified and set up the Safezone App? To find out more about setting up and using the app check the instructions at <https://www.dcu.ie/ocoo/safezoneatdcu.shtml>

Contingency Plans: for reasonably foreseeable emergencies should be made.

Beginners/Novice to Leader ratios: Ensure that this ratio is appropriate for the trip in question.

Itinerary: A full trip itinerary should be prepared and circulated to all members.

Travel: How the party will move between the relevant locations and who will be driving the vehicles.

Trip Registration & Activity form: detailing date of the event, location, accommodation, transport, and the names and ID numbers of students participating in the trip. The trip Leader must ensure that 1 copy of this form is uploaded to the online management system and 1 copy is taken on the trip.

Social: You should advise your members on the following:

- Where parties can safely go and when
- What behaviour is acceptable
- A minimum number of people in a group

Equipment: This needs to be in proper working order and should be frequently checked throughout the trip

First Aid: You should ensure you have the appropriate first aiders available and the correct First Aid equipment and an accident reporting procedure.

EMERGENCY PROCEDURE Information

Please detail your Clubs/Socs procedures to be followed in an emergency. For tips see 'Keeping it Safe' available at <https://sites.google.com/dcu.ie/dcuclubssocsoperationsmanual20/keeping-it-safe>

An Emergency procedure for your club/soc is listed below. Please provide details of how this is communicated to your members and also any additional actions that your club/soc does in an emergency

Emergency Procedure

For all the planning and preparation, there still exists the possibility of emergencies occurring. All Accident and Incidents must be reported via the online report form on the DCU Health and Safety Website or via the DCU Accidents Report Form and sent to the DCU Health & Safety Office. In the event of an emergency, please follow carefully the guidelines as detailed below

- Stop and think. Assess the situation. Stay calm.
- Ensure that the group is safe and accounted for.
- Are there any hazards present that may affect the group?
- Attend any casualties if it is safe to do so.
- Give first aid within the group's capabilities.
- Get expert help if required.
- Get/ give any third party/ witness/insurance details if necessary.

- Gather the information required by the Emergency Services:
 - Name(s) of group members
 - Number of people injured
 - Locations of group members
 - Medical condition of the group.
 - First Aid given
 - Age(s) of group members
 - Time of accident
 - Equipment available to group
- Cooperate fully with the Emergency Services.
- Someone from the group accompanied the casualties to hospital.
- In the event of a serious accident/incident contact DCU Security on 700-5999 (available 24 hours).**
- Refer all media contact to Siobhán Byrne, Head of Clubs and Socs, and give no comment.

CHILD PROTECTION POLICY Information

Have you members under the age of 18? If so your coach must complete a 'Volunteer/Coach Application form for those with substantial access to children', available at www.dcu.ie/sports-wellbeing

Where members are under the age of 18 their parents should complete the 'Application form for new junior members', available at www.dcu.ie/sports-wellbeing

Are you aware of the Sports Ireland guidance on developing good practice for safeguarding children, through their 'Code of Ethics and Good Practice for Children's Sport in Ireland, available at https://www.sportireland.ie/Participation/Code_of_Ethics/

Are you aware of your NGB information or recommendations in relation to good practice for safeguarding children?

Are you aware of the DCU child protection policy 'Keeping Children Safe, Policies and Procedures supporting Child Protection at DCU available at <https://www.dcu.ie/advice/respect-dignity>

GUIDELINES FOR BEHAVIOUR Information

Please list guidelines for behaviour that the club adheres to. These can be formal University, Facility or Club rules and regulations The

following University documents may be useful:

DCU Alcohol Policy, <https://www.dcu.ie/students/az/alcohol-policy>

DCU Respect & Dignity Policy,
<https://www.dcu.ie/advice/respect-dignity>

Student Sport Ireland Guidelines for Hosting an Intervarsity event,
www.studentsport.ie/wp-content/uploads/2011/09/SSI-GUIDELINES-FOR-HOSTING-AN-INTERCOLLEGIATE-EVENT-2014-2015.pdf

DCU Alcohol Policy, <https://www.dcu.ie/students/az/alcohol-policy>

DCU Respect & Dignity Policy, www.dcu.ie/equality/dcu_policies.shtml

DISCIPLINARY PROCEDURE Information

Please detail how you will deal with breaches of the code of conduct. Verbal warning to the athlete and if the breaches continue exclusion from trip/training etc.

CLUB OFFICERS Information

Provide a summary of Officers roles and responsibilities, highlighting those specifically relating to health and safety. Who members should contact etc. For guidance see the Clubs & Socs Handbook at www.dcu.ie/sports-wellbeing



Code of Safe Practice Action list

Club/Society: DCU Weightlifting Club Date: 24/8/23

AREA	ACTION Required (if any)	Lead Person	Target Date
CLUB DETAILS & RESOURCES	Insure complete information available for reregistration to weightlifting ireland	Alex Creedon	1-february-2024
INSURANCE			
TRAINING & COMPETENCIES			
EQUIPMENT			
FIRST AID	Review first aid equipment available on-site during training session	Alex Creedon	Before training session

TRIPS			
RISK ASSESSMENT			
EMERGENCY PROCEDURE			
CHILD PROTECTION POLICY			
GUIDELINES FOR BEHAVIOUR			

COMPLAINTS PROCEDURE

DISCIPLINARY PROCEDURE			
CLUB OFFICERS	REcruit new club officers at the end of the academic year for next year	Sorcha/Alex	Semester 2
OTHER			
OTHER			
OTHER			

Dynamic Risk Assessment – on the day / by the hour!

Outdoor Activities Trip Away / Night Out

<p>P</p>	<p>Previous weather and/or water conditions</p> <p>Ground conditions (wet / dry / frozen / flooded / landslide etc)</p> <p>Wind / storm etc (could wind etc have caused damage – powerlines, trees etc)</p> <p>River/Sea conditions (Flood, abnormally low etc)</p>	<p>Previous knowledge of country/city/area</p> <p>Culture / traditions / local customs / behavioural norms / acceptable dress / emergency services contact details etc</p>
<p>L</p>	<p>Local knowledge</p> <p>Particularly dangerous river sections/walk sections / cliffs / areas / local weather conditions</p>	<p>Local knowledge (personal safety)</p> <p>Unsafe areas, clubs/pubs/ getting help/ what to look out for / public transport options etc</p>
<p>O</p>	<p>Observation</p> <p>What is currently happening? – raining/snowing/ thunder clouds/ hot sun. Remain alert for changing conditions – be prepared to change plans/curtail activities based on changing conditions</p>	<p>Observation</p> <p>Stay alert – keep an eye on unfolding events. At least two people (Club/Society Officers) should remain sober and alert when on a trip/night out.</p>
<p>W</p>	<p>Weather Forecast</p> <p>Get area specific forecast – usually v accurate – weather may arrive a little earlier/later than forecast.</p>	<p>Watch Out</p> <p>for someone becoming detached from group / wandering off / getting into arguments etc</p>

D	<p>Doubt</p> <p>IF IN DOUBT- DON'T GO OUT! – have a BACK UP Plan (even if it is only card games in the local club/pub!)</p> <p>Doubt</p> <p>IF IN DOUBT- GET THEM OUT! – have a BACK UP Plan (even if it is taxis home / back to accommodation)</p>
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