



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 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. Club/Society Officers 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 submitted with the grant application on an annual basis to ensure that the contents are still relevant to the activities of the society/club. 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:** Yvonne McGowan, Senior Sports Development Officer, Sports & Wellbeing, e-mail yvonne.mcgowan@dcu.ie. Tel: 01-700 5811
- **SOCIETIES:** Siobhan Byrne, Clubs & Societies Finance & Development Officer, Office of Student Life, e-mail siobhan.byrne@dcu.ie, Tel: 01-700 5585

- **DCU Health & Safety Office:** Paula Hawkins, Health & Safety Advise, e-mail safety@dcu.ie, Tel: 01-700 7034

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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 DETAILS	Information
Club/Society name:	DCU MMA Club
Date this Code of Safe Practice Completed:	28/09/2021
Version Reference:	
Outline the main activities undertaken by your club/soc:	Learning key techniques from various martial arts, primarily boxing, kick-boxing, wrestling and Brazilian Jiu-Jitsu. Practised on a partner in a safe environment.
Name of person(s) completing this form:	Daniel McHugh
Confirm the name(s) of the officer responsible for disseminating the Safe Code of Practice to members:	Daniel McHugh

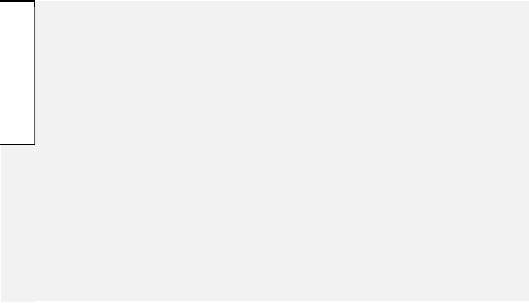
Confirm the officer responsible for reporting all accidents to the DCU Health & Safety Officer, e-mail safety@dcu.ie :	Daniel McHugh
Have you up-to-date copy of your club or society constitution?	Yes
Does your club/soc have an up-to-date record of names and student ID numbers of its members? Please indicate how your club records for staff, alumni, and external members are collated and where these records are kept?	Yes. These are held on an Excel File by numerous committee members.
<p>Please indicate if your club/soc is aware of: DCU Clubs & Socs 'Keeping it Safe' guidance document available at: https://sites.google.com/dcu.ie/dcclubssocoperationsmanual20/keeping-it-safe</p> <p>Is there a National Governing Body (NGB) for your Sport/Society: Yes / No</p> <p>If Yes please provide full name of NGB and website: N/A</p> <p>Does your NGB have a Safety Code: Yes / No N/A</p> <p>If Yes please attach a copy to this code or provide a web link to the policy:</p> <p>Does your club/society comply with this NGB Safety code? Yes / No / Not applicable</p> <p>Do you have a copy of codes of practice or regulations for facilities that you use regularly? For DCU Sport information visit Yes / No / Not applicable www.dcu.ie/info/regulations/sports.shtml</p>	

INSURANCE	Information
Does your NGB require you to take insurance? If yes please give details and attach a copy of the policy.	No NGB for MMA
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 www.dcu.ie/info/insurance.shtml	Send email to members.

Is your Club/Soc using you are 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?	No
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 & Wellbeingso as DCU's Public liability insurance can be reviewed?	No
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.	No
Are you planning any foreign trips ? If so provide details of travel Insurance you have in place for this trip.	No
Do your Coaches/Instructors have their own Professional Indemnity Insurance? If yes please attach a copy.	Yes / No

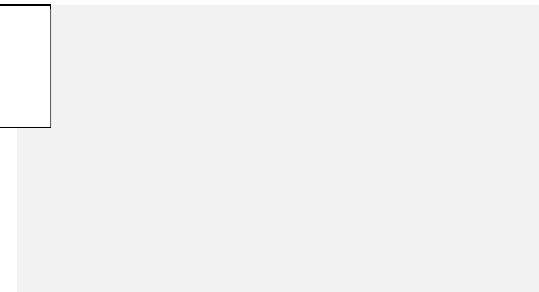
TRAINING & COMPETENCIES	Information
Have your committee members attended the DCU Event Management/ Health & Safety Workshop and the Incident Management workshop? Please indicate name(s) of Officers who attended.	No
Please indicate if your committee and coaches have held a briefing session on training, instruction and health and safety applicable to their activity/facility.	Rules & Regulations of sport explained thoroughly to members – in particular with regards to when a training partner 'taps' (i.e surrenders), for any force being applied to be stopped immediately.
Please indicate the names and qualifications of coaches/instructors and indicate whether relevant certificates verifying qualifications and insurance has been received.	Alexander Yankov – BJJ Purple Belt
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.	Experience levels for all members is gauged in the beginning classes of the semester and the classes are structured to reflect this.

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EQUIPMENT	Information
Types Of Equipment: Indicate the various types/categories of equipment that the club uses and/or submit an equipment log.	Mats
Usage of Equipment: indicate how members are trained as necessary in the safe use of all equipment supplied to them	Mats to be put together tightly with no gaps, so no injuries arise from getting a toe caught between mats or similar. Mats to be cleaned regularly for hygiene reasons.
Equipment Log: who is responsible for maintaining a register of equipment that includes purchase dates, price etc	Daniel McHugh
Checking Equipment before use: Is equipment subject to a visual or written inspection for defects before use? Who is responsible?	Daniel McHugh
Storing Equipment, detail how and where equipment is stored, and/or transported.	Mats are stored beside the handball alley in the sports complex.
Maintenance of Equipment as per manufacturers or NGB guidelines: State the name of the Officers with responsibility for equipment maintenance and regular safety checks.	Daniel McHugh
Damaged/Unwanted equipment/Disposal of equipment: State your policy for damaged or unsafe equipment and disposal of old equipment.	Let DCU know that equipment is damaged/unsafe and work out best disposal method. Sports centre gets a skip every year, if there was a large amount to of damaged equipment this would be appropriate. If only a small amount other means may be appropriate.
Hire of Equipment: Do you plan to hire equipment for use on campus where there is a high potential risk of an 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	No

Loaning Equipment: Please outline your policy on loaning equipment to club members; please include details of club officer responsible for overseeing policy; records of loaned equipment; criteria for borrowing equipment, etc.	N/A
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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.dcue.ie/sports-wellbeing	Not a high risk club.
Please indicate the committee members that have attended the Casualty Management workshop held each October.	
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.	Daniel McHugh
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	Daniel McHugh
If you are hosting a major event First Aid Provision must be must be arranged. Please provide details of provision for events if applicable.	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)	-
Are Risk Assessments recorded and regularly reviewed? Please indicate how often risk assessments are reviewed.	

Please indicate which committee member is responsible for carrying out risk assessments for regular/new/once off club/society activity.	Andrew McEvoy
Are Dynamic Risk Assessments carried out for trips and events and recorded? (see guidance at the end of this document)	-
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)	No NGB for MMA
H&S CONCERNS PROCEDURE	Information
Please detail your procedures for members to identify concerns regarding Health and Safety during activities.	Members can approach our coach Alexander Yankov, or any or the DCU MMA committee members to voice any concerns.

TRIPS Checklist	Information <i>You are advised 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	No trips planned.
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 Membership & 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 given to Siobhan Byrne, Clubs & Societies Finance Officer and 1 copy is taken on the trip.	
Social: You should advise your members on the following: <ul style="list-style-type: none"> • 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/dcclubssocsoperationsmanual20/keeping-it-safe	<p>Emergency Procedure</p> <p>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 sent to the DCU Health & Safety Office.</p> <p>In the event of an emergency, please follow carefully the guidelines as detailed below</p> <p><input type="checkbox"/> Stop and think. Assess the situation. Stay calm.</p>

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<p>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</p>	<ul style="list-style-type: none"> → 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 groups 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 group. → First Aid given → Age(s) of group members → Time of accident → Equipment available to group → Co-operate fully with the Emergency Services. → Someone from the group accompany 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 the DCU Contact person and give no comment.
CHILD PROTECTION POLICY	Information
<p>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</p>	<p>-</p>
<p>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</p>	<p>-</p>
<p>Are you aware of the Sports Ireland guidance on developing good practice for safeguarding children, through their 'Code of Ethics and</p>	<p>-</p>

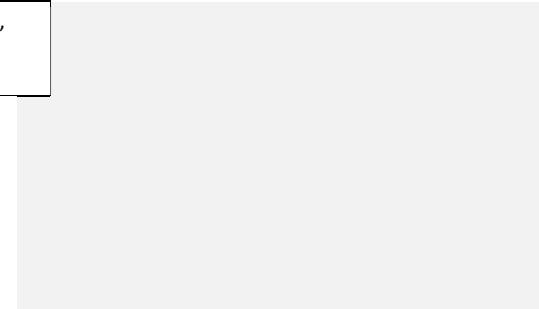
Good Practice for Children's Sport in Ireland, available at https://www.sportireland.ie/Participation/Code_of_Ethics/	
Are you aware of your NGB information or recommendations in relation to good practice for safeguarding children?	-
Are you aware of the DCU child protection policy 'Keeping Children Safe, Policies and Procedures supporting Child Protection at DCU available at www.dcu.ie/equality/crc.shtml	-
Garda Vetting: Have your coaches undertaken Garda Vetting by DCU? The DCU Garda Vetting policy and forms are available at www.dcu.ie/hr/Garda-Vetting-DCU.shtml	-

GUIDELINES FOR BEHAVIOUR	Information
<p>Please list guidelines for behaviour that club adheres to. These can be formal University, Facility or Club rules and regulations The following University documents may be useful:</p> <p>DCU Alcohol Policy, https://www.dcu.ie/students/az/alcohol-policy</p> <p>DCU Respect & Dignity Policy, www.dcu.ie/equality/dcu_policies.shtml</p> <p>Student Sport Ireland Guidelines for Hosting an Intervarsity event, www.studentsport.ie/wp-content/uploads/2011/09/SSI-GUIDELINESFOR-HOSTING-AN-INTERCOLLEGIATE-EVENT-2014-2015.pdf</p>	<p>Develop, maintain & support a policy of equality within the club. We aim to create conditions where members are treated with respect and made to feel welcome regardless of gender, disability, race, age, etc. All members must adhere to this. Every member must make sure to take care of their training partners and not do anything that may intentionally cause an injury.</p>

DISCIPLINARY PROCEDURE	Information
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Please detail how you will deal with breaches of the code of conduct.

Depending on nature of breach, try to resolve informally first. If issue persists, speak to coach or DCU staff for guidance and possibly inform member that they are no longer welcome within the club.



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	<p>Chairperson: Provide leadership for committee. They should be the first point of contact for health and safety issues – they can then pass on to other members of the committee if need be.</p> <p>Secretary – To support the Chair in ensuring the smooth functioning of the club. If any Health and Safety issue arose, they could be responsible for bringing this to a higher member of DCU staff.</p>



Code of Safe Practice Action list



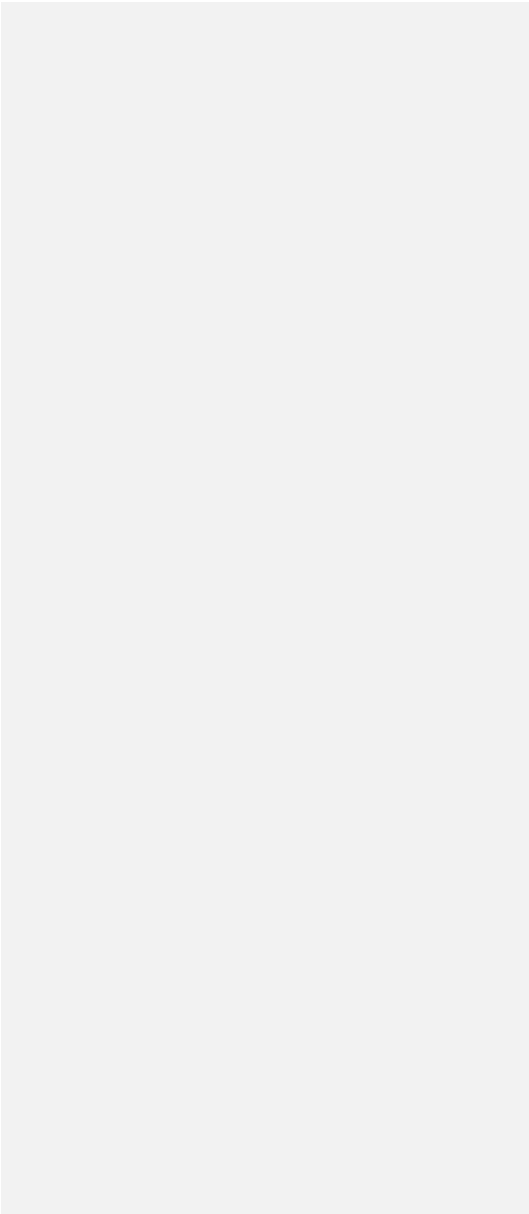
Club/Society: _____ Date: _____

AREA	ACTION Required (if any)	Lead Person	Target Date
CLUB DETAILS & RESOURCES			
INSURANCE			
TRAINING & COMPETENCIES			
EQUIPMENT			
FIRST AID			

TRIPS			
RISK ASSESSMENT			
EMERGENCY PROCEDURE			
CHILD PROTECTION POLICY			
GUIDELINES FOR BEHAVIOUR			
COMPLAINTS PROCEDURE			
DISCIPLINARY PROCEDURE			
CLUB OFFICERS			
OTHER			
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OTHER			

DCU Clubs / Socs Activity Risk Assessment Template

Outline of hazards associated with club/society activities and measures the club/society takes or will take to minimize risk of injury to members or third parties

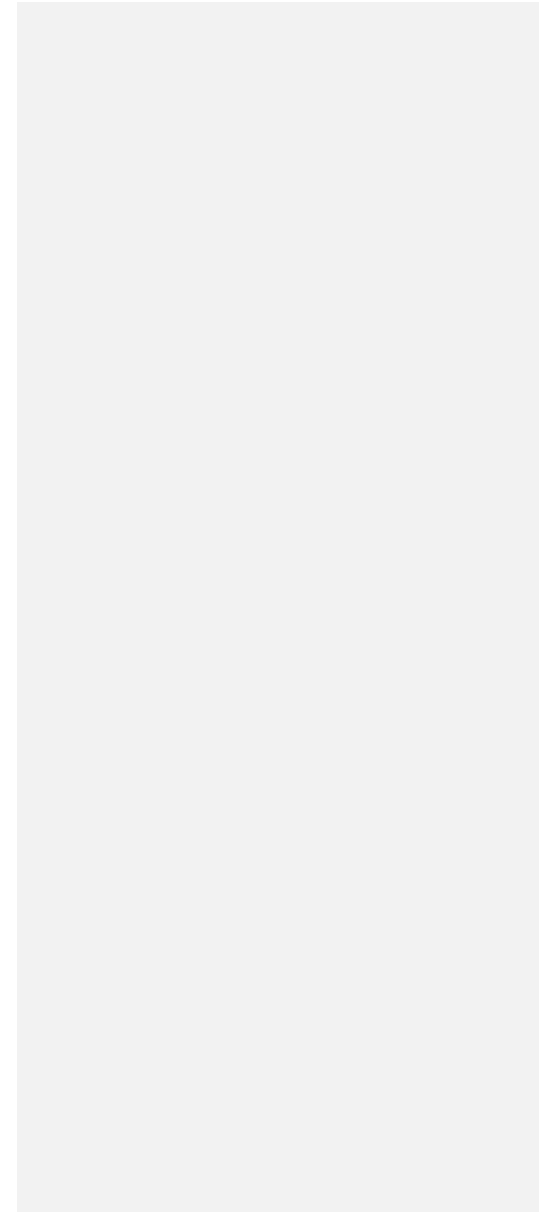


Hazard / Activity with potential to cause injury	Controls Already in Place (what actions /procedures are you already doing to minimize possibility of injury)	Risk Category (High/Medium/Low) (considering the actions / procedures you already have in place)	Further Controls Being Implemented To Reduce Risk (eg First Aid / area to be inspected prior to start Require equipment test certs etc)	Date to be Completed Can be – 1 on the day 2 every time the equipment is taken out 3 Nov xxth (If a once off task) etc
Inexperienced club member	Safety procedures explained in full to all members – in particular in relation to “tapping”, i.e. “surrendering”, when a choke or joint manipulation is being carried out.	Low	-	Ongoing
Carrying out martial arts movements with or without partners – potential to pull or strain muscles, ligaments or tendons.	Adequate warm-up carried out at the start of every class – including stretching of all muscle groups involved. This also applies to latecomers to a class; they must also warm up before being allowed to join class.	Low	-	Ongoing
Minor cuts/abrasions from live training with a partner or from training on mats	First Aid kit to be fully stocked and readily available. No jewellery to be worn. Mats to be kept in good condition.	Low	-	Ongoing
Joint damage from live drilling/training	Movements carried out in controlled environment under watch of our qualified coach. Adequate stretching before training. All participants to adhere to rules regarding when a training partner “taps/surrenders”.			


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

Outdoor Activities

Trip Away / Night Out



P	Previous weather and/or water conditions Ground conditions (wet / dry / frozen / flooded / landslide etc) Wind / storm etc (could wind etc have caused damage – powerlines, trees etc) River/Sea conditions (Flood, abnormally low etc)	Previous knowledge of country/city/area Culture / traditions / local customs / behavioural norms / acceptable dress / emergency services contact details etc
L	Local knowledge Particularly dangerous river sections/walk sections / cliffs / areas / local weather conditions	Local knowledge (personal safety) Unsafe areas, clubs/pubs/ getting help/ what to look out for / public transport options etc
O	Observation 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	Observation 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.
W	Weather Forecast Get area specific forecast – usually v accurate – weather may arrive a little earlier/later than forecast.	Watch Out for someone becoming detached from group / wandering off / getting into arguments etc
D	Doubt IF IN DOUBT- DON'T GO OUT! – have a BACK UP Plan (even if it is only card games in the local club/pub!)	Doubt IF IN DOUBT- GET THEM OUT! – have a BACK UP Plan (even if it is taxis home / back to accommodation)

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