



## 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 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:** Yvonne McGowan, Senior Sports Development Officer, Sports & Wellbeing, e-mail [yvonne.mcgowan@dcu.ie](mailto: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](mailto:siobhan.byrne@dcu.ie), Tel: 01-700 5585

- **DCU Health & Safety Office:** Paula Hawkins, Health & Safety Advise, e-mail [safety@dcu.ie](mailto: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](http://www.dcu.ie/sports-wellbeing)

CLUB/SOCIETY DETAILS	Information
Club/Society name:	DCU Yoga Society
Date this Code of Safe Practice Completed:	<b>25/08/2021</b>
Version Reference:	<b>4.0</b>
Outline the main activities undertaken by your club/soc:	<b>Three yoga classes are held weekly. Possible weekend retreat if COVID restrictions allow.</b>
Name of person(s) completing this form:	<b>Róisín Roddy</b>
Confirm the name(s) of the officer responsible for disseminating the Safe Code of Practice to members:	<b>Róisín Roddy</b>
Confirm the officer responsible for reporting all accidents to the DCU Health & Safety Officer, e-mail <a href="mailto:safety@dcu.ie">safety@dcu.ie</a> :	Róisín Roddy

Have you uploaded a copy of your club or society constitution?	No but it is completed.
<p>Please indicate if your club/soc is aware of: DCU Clubs &amp; Socs 'Keeping it Safe' guidance document available at:  <a href="https://sites.google.com/dcu.ie/dcuclubssocsoperationsmanual20/keeping-it-safe">https://sites.google.com/dcu.ie/dcuclubssocsoperationsmanual20/keeping-it-safe</a>  <b>We are aware.</b></p> <p>Is there a National Governing Body (NGB) for your Sport/Society:           No</p> <p>If Yes please provide full name of NGB and website: N/A</p> <p>Does your NGB have a Safety Code:                           No  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?                           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  <a href="http://www.dcu.ie/info/regulations/sports.shtml">www.dcu.ie/info/regulations/sports.shtml</a>                           No there is none.</p>	

INSURANCE	Information
Does your <b>NGB</b> 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 <b>DCU Students' Personal Accident and insurance</b> cover? Please note the limitations of this policy and the exclusions that apply, see <a href="http://www.dcu.ie/info/insurance.shtml">www.dcu.ie/info/insurance.shtml</a>	Will be included in membership sign up.
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 <b>DCU's Public liability insurance</b> can be extended to this venue if required?	This is to be confirmed as a weekend retreat may go ahead in semester 2.

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 <b>DCU's Public liability insurance</b> can be reviewed?	This is to be confirmed as a weekend retreat may go ahead in semester 2.
Does your club/soc have the appropriate <b>Equipment Insurance</b> to protect your equipment in the event of fire and theft? If yes please provide details.	No. Not needed.
Are you planning any <b>foreign trips</b> ? If so provide details of travel Insurance you have in place for this trip.	No
Do your <b>Coaches/Instructors</b> have their own Professional Indemnity Insurance? If yes please attach a copy.	Yes. It will be uploaded. It will be renewed in October.

<b>TRAINING &amp; COMPETENCIES</b>	<b>Information</b>
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 advise when this is next being held.
Please indicate if your committee and coaches have held a briefing session on training, instruction and health and safety applicable to their activity/facility.	Yes
Please indicate the names and qualifications of coaches/instructors and indicate whether relevant certificates verifying qualifications and insurance has been received.	Mairéad McCarthy. Certificates verifying qualifications previously sent to Clubs and Socs. First aid cert will be uploaded.
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.	N/A

<b>EQUIPMENT</b>	<b>Information</b>
<b>Types Of Equipment:</b> Indicate the various types/categories of equipment that the club uses and/or submit an equipment log.	<b>Yoga Mats</b> <b>Yoga Blocks</b>

<b>Usage of Equipment:</b> indicate how members are trained as necessary in the safe use of all equipment supplied to them	<b>Qualified instructor, Mairéad McCarthy, trains and supervises each member while they are using the equipment.</b>
<b>Equipment Log:</b> who is responsible for maintaining a register of equipment that includes purchase dates, price etc	<b>Niamh Kelly</b>
<b>Checking Equipment before use:</b> Is equipment subject to a visual or written inspection for defects before use? Who is responsible?	<b>Equipment is subject to a visual inspection for defects before use. Róisín Roddy is responsible.</b>
<b>Storing Equipment,</b> detail how and where equipment is stored, and/or transported.	<b>Equipment is stored in the secure lockers in the DCU Sports Complex Glasnevin Campus and in the student union office in St. Patrick's Campus. Equipment is transported by committee members before and after each yoga class.</b>
<b>Maintenance of Equipment as per manufacturers or NGB guidelines:</b> State the name of the Officers with responsibility for equipment maintenance and regular safety checks.	<b>Róisín Roddy</b>
<b>Damaged/Unwanted equipment/Disposal of equipment:</b> State your policy for damaged or unsafe equipment and disposal of old equipment.	<b>Any damaged or unsafe equipment is reported to Róisín Roddy. All of the equipment can be disposed of in a rubbish facility.</b>
<b>Hire of Equipment:</b> 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 <a href="http://www.dcu.ie/estates/contractors.shtml">www.dcu.ie/estates/contractors.shtml</a>	<b>No</b>
<b>Loaning Equipment:</b> 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.	<b>No equipment will be loaned.</b>

<b>FIRST AID</b>	<b>Information</b>
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	Yoga Society is not amongst this list/

nominated first aider(s). List of High Risk Sports clubs is available from Keeping it Safe guidelines at <a href="http://www.dcue.ie/sports-wellbeing">www.dcue.ie/sports-wellbeing</a>	
Please indicate the committee members that have attended the Casualty Management workshop held each October.	N/A
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.	No
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.	Róisín Roddy.
List your COVID Officers	Conor McCormack
Indicate the committee members who will complete the DCU Injury/Incident Report Form for accidents and near-misses available at <a href="https://www.dcu.ie/safety/incident_near_report_form.shtml">https://www.dcu.ie/safety/incident_near_report_form.shtml</a>	Róisín Roddy
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

<b>RISK ASSESSMENT</b>	<b>Information</b>
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)	No
Are Risk Assessments recorded and regularly reviewed? Please indicate how often risk assessments are reviewed.	No
Please indicate which committee member is responsible for carrying out risk assessments for regular/new/once off club/society activity.	N/A
Are Dynamic Risk Assessments carried out for trips and events and recorded? (see guidance at the end of this document)	No

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)	
H&S CONCERNS PROCEDURE	Information
Please detail your procedures for members to identify concerns regarding Health and Safety during activities.	If a member identifies a concern regarding Health and Safety during activities, that member is invited to contact any committee member. That committee member will inform Róisín Roddy of the concern. Róisín Roddy will address the concern with the member and strive to achieve a solution. Róisín Roddy will complete a report regarding the concern and share this report with the committee members. As a committee, further action will be taken if necessary.

TRIPS Checklist	Information <i>You are advised to do a trip specific risk assessment / checklist for all individual trips</i>
<b>Trip Leaders:</b> do leaders have the necessary knowledge, experience and qualifications, where appropriate to lead a trip	Yes
<b>Insurance:</b> Is all appropriate travel insurance for the group in place?	Yes
<b>Risk Assessment:</b> for all activities should be undertaken and all possible control measures put in place	Understood
<b>Dynamic Risk Assessment:</b> 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)	Understood
<b>Safezone App:</b> Have you identified and set up the Safezone App? To find out more about setting up and using the app check the instructions at <a href="https://www.dcu.ie/ocoo/safezoneatdcu.shtml">https://www.dcu.ie/ocoo/safezoneatdcu.shtml</a>	No. Cannot log into the system.
<b>Contingency Plans:</b> for reasonably foreseeable emergencies should be made.	Understood
<b>Beginners/Novice to Leader ratios:</b> Ensure that this ratio is appropriate for the trip in question.	Understood

<b>Itinerary:</b> A full trip itinerary should be prepared and circulated to all members.	Understood
<b>Travel:</b> How the party will move between the relevant locations and who will be driving the vehicles.	Bus more than likely, some private cars.
<b>Trip Membership &amp; Activity form:</b> 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.	Understood
<b>Social:</b> You should advise your members on the following: <ul style="list-style-type: none"> <li>• Where parties can safely go and when</li> <li>• What behaviour is acceptable</li> <li>• A minimum number of people in a group</li> </ul>	Understood
<b>Equipment:</b> This needs to be in proper working order and should be frequently checked throughout the trip	Understood
<b>First Aid:</b> You should ensure you have the appropriate first aiders available and the correct First Aid equipment and an accident reporting procedure.	Understood

EMERGENCY PROCEDURE	Information
<p>Please detail your Clubs/Socs procedures to be followed in an emergency. For tips see 'Keeping it Safe' available at <a href="https://sites.google.com/dcu.ie/dcuclubssocsoperationsmanual20/keeping-it-safe">https://sites.google.com/dcu.ie/dcuclubssocsoperationsmanual20/keeping-it-safe</a></p> <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>	<p><b>Emergency Procedure</b></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 &amp; Safety Office.</p> <p>In the event of an emergency, please follow carefully the guidelines as detailed below</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Stop and think. Assess the situation. Stay calm.</li> <li><input type="checkbox"/> Ensure that the group is safe and accounted for.</li> <li><input type="checkbox"/> Are there any hazards present that may affect the group?</li> </ul>



	<ul style="list-style-type: none"> <li><input type="checkbox"/> Attend any casualties if it is safe to do so.</li> <li><input type="checkbox"/> Give first aid within the groups capabilities.</li> <li><input type="checkbox"/> Get expert help if required.</li> <li><input type="checkbox"/> Get/ give any third party/ witness/insurance details if necessary.</li> <li><input type="checkbox"/> Gather the information required by the Emergency Services: <ul style="list-style-type: none"> <li><input type="checkbox"/> Name(s) of group members</li> <li><input type="checkbox"/> Number of people injured</li> <li><input type="checkbox"/> Locations of group members</li> <li><input type="checkbox"/> Medical condition of group.</li> <li><input type="checkbox"/> First Aid given</li> <li><input type="checkbox"/> Age(s) of group members</li> <li><input type="checkbox"/> Time of accident</li> <li><input type="checkbox"/> Equipment available to group</li> </ul> </li> <li><input type="checkbox"/> Co-operate fully with the Emergency Services.</li> <li><input type="checkbox"/> Someone from the group accompany casualties to hospital.</li> <li><input type="checkbox"/> <b>In the event of a serious accident/incident contact DCU Security on 700-5999 (available 24 hours).</b></li> <li><input type="checkbox"/> Refer all media contact to the DCU Contact person and give no comment.</li> </ul> <p>This will be communicated to all members through email.</p>
<b>CHILD PROTECTION POLICY</b>	<b>Information</b>
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 <a href="http://www.dcu.ie/sports-wellbeing">www.dcu.ie/sports-wellbeing</a>	Not sure.
Where members are under the age of 18 their parents should complete the 'Application form for new junior members', available at <a href="http://www.dcu.ie/sports-wellbeing">www.dcu.ie/sports-wellbeing</a>	Understood
Are you aware of the Sports Ireland guidance on developing good practice for safeguarding children, through their 'Code of Ethics and	Yes

Good Practice for Children's Sport in Ireland, available at <a href="https://www.sportireland.ie/Participation/Code_of_Ethics/">https://www.sportireland.ie/Participation/Code_of_Ethics/</a>	
Are you aware of your NGB information or recommendations in relation to good practice for safeguarding children?	N/A
Are you aware of the DCU child protection policy 'Keeping Children Safe, Policies and Procedures supporting Child Protection at DCU available at <a href="http://www.dcu.ie/equality/crc.shtml">www.dcu.ie/equality/crc.shtml</a>	Yes
<b>Garda Vetting:</b> Have your coaches undertaken Garda Vetting by DCU? The DCU Garda Vetting policy and forms are available at <a href="http://www.dcu.ie/hr/Garda-Vetting-DCU.shtml">www.dcu.ie/hr/Garda-Vetting-DCU.shtml</a>	No but they are Garda vetted by Croke Park.

GUIDELINES FOR BEHAVIOUR	Information
<p>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:</p> <p>DCU Alcohol Policy, <a href="https://www.dcu.ie/students/az/alcohol-policy">https://www.dcu.ie/students/az/alcohol-policy</a></p> <p>DCU Respect &amp; Dignity Policy, <a href="http://www.dcu.ie/equality/dcu_policies.shtml">www.dcu.ie/equality/dcu_policies.shtml</a></p> <p>Student Sport Ireland Guidelines for Hosting an Intervarsity event, <a href="http://www.studentsport.ie/wp-content/uploads/2011/09/SSI-GUIDELINES-FOR-HOSTING-AN-INTERCOLLEGIATE-EVENT-2014-2015.pdf">www.studentsport.ie/wp-content/uploads/2011/09/SSI-GUIDELINES-FOR-HOSTING-AN-INTERCOLLEGIATE-EVENT-2014-2015.pdf</a></p>	<p>Each member of the society must be respectful to each other.</p> <p>Each member of the society must be respectful to the equipment. This includes ensuring that the equipment is not purposely damaged during use.</p> <p>Each member of the society must be frank and honest with the yoga instructor in relation to any illnesses or injuries.</p> <p>Each member of the society must conduct themselves in a professional manner relating to language, temper, and punctuality.</p> <p>Each member of the society must abide by the rules and decisions of the committee.</p> <p>Each member of the society must not be under the influence of alcohol whilst attending a yoga class or event.</p> <p>Each member of the society must be respectful to the facility.</p> <p>Each member of the society must follow the DCU Alcohol Policy.,</p> <p>Each member of the society must follow the DCU Respect and Dignity Policy.</p>

DISCIPLINARY PROCEDURE	Information
Please detail how you will deal with breaches of the code of conduct.	Any breach in the code of conduct will be reported to the chairperson, Róisín Roddy, who will complete an incident report. The committee will discuss the incident with

	the individual(s) who breached the code of conduct and try to reach a solution. If needed, the breach will be passed on to Clubs and Socs.
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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 <a href="http://www.dcu.ie/sports-wellbeing">www.dcu.ie/sports-wellbeing</a>	Róisín Roddy – Chairperson. Responsible for the health and safety of the members and the maintenance of the equipment. Séona McKittrick – Secretary Shannon McCabe – Public Relations Officer Niamh Kelly – Treasurer Conor McCormack – Covid-19 Officer. Responsible for ensuring that all Covid-19 guidelines are adhered to at all times. Dylan Marren – Ordinary Member Catherine Flynn – Ordinary Member.



## Code of Safe Practice Action list



Club/Society: DCU Yoga Society

Date: 25/08/2021

AREA	ACTION Required (if any)	Lead Person	Target Date
CLUB DETAILS & RESOURCES			
INSURANCE			

<b>TRAINING &amp; COMPETENCIES</b>			
<b>EQUIPMENT</b>			
<b>FIRST AID</b>	<b>2 first aid kits needed</b>	<b>Róisín Roddy</b>	<b>13.09.2021</b>
<b>TRIPS</b>	<b>Weekend retreat trip tbc</b>	<b>Róisín Roddy</b>	<b>10.01.2021</b>
<b>RISK ASSESSMENT</b>			
<b>EMERGENCY PROCEDURE</b>			
<b>CHILD PROTECTION POLICY</b>			
<b>GUIDELINES FOR BEHAVIOUR</b>			
<b>COMPLAINTS PROCEDURE</b>			
<b>DISCIPLINARY PROCEDURE</b>			
<b>CLUB OFFICERS</b>			
<b>OTHER</b>			
<b>OTHER</b>			
<b>OTHER</b>			



# 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*

<b>Hazard / Activity</b> <i>with potential to cause injury</i>	<b>Controls Already in Place</b> <i>(what actions /procedures are you already doing to minimize possibility of injury)</i>	<b>Risk Category</b> <b>(High/Medium/Low)</b> <i>(considering the actions / procedures you already have in place)</i>	<b>Further Controls Being Implemented To Reduce Risk</b> <i>(eg First Aid / area to be inspected prior to start Require equipment test certs etc)</i>	<b>Date to be Completed</b> <i>Can be –</i> <i>1 on the day</i> <i>2 every time the equipment is taken out</i> <i>3 Nov xx<sup>th</sup> (If a once off task)</i> <i>etc</i>
Trip hazards or obstacles	check the area where the class is being held to check that there are no trip hazards or items blocking the escape route	Low	Area inspected prior to each class	1 on the day
Sufficient information to participants (e.g. physical fitness requirements, clothing and equipment, emergency procedures)	Instructor Mairead to teach within her training and experience and if a student is suffering from a medical condition outside of her knowledge she will seek further training or expert advice and refer the student to their doctor or other health professional. Mairead will offer modified practice appropriate to the individuals who need it and explain areas for caution relevant to individual conditions, as well as provide warnings about injuries and not pushing the body further than it can go	Low	Participants advised before and during each class to work at their own ability	1 on the day

First aid	Instructor Mairead is FAR certified	Low	First aid kit to be available at each yoga class	1 on the day
Contamination and hygiene	Mats to be cleaned after each use	Low	More Sanitizing sprays to be purchased	1 on the day
Hydration	Participants are advised to bring their own water. Water available in nearby kitchen area	Low	N/A	1 on the day


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

### Outdoor Activities

### Trip Away / Night Out

<b>P</b>	<b>Previous</b> 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)	<b>Previous</b> knowledge of country/city/area Culture / traditions / local customs / behavioural norms / acceptable dress / emergency services contact details etc
<b>L</b>	<b>Local</b> knowledge Particularly dangerous river sections/walk sections / cliffs / areas / local weather conditions	<b>Local</b> knowledge (personal safety) Unsafe areas, clubs/pubs/ getting help/ what to look out for / public transport options etc
<b>O</b>	<b>Observation</b> What is currently happening? – raining/snowing/	<b>Observation</b>

	thunder clouds/ hot sun. Remain alert for changing conditions – be prepared to change plans/curtail activities based on changing conditions	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.
<b>W</b>	<b>Weather Forecast</b> Get area specific forecast – usually v accurate – weather may arrive a little earlier/later than forecast.	<b>Watch Out</b> for someone becoming detached from group / wandering off / getting into arguments etc
<b>D</b>	<b>Doubt</b> IF IN DOUBT- DON'T GO OUT! – have a BACK UP Plan (even if it is only card games in the local club/pub!)	<b>Doubt</b> IF IN DOUBT- GET THEM OUT! – have a BACK UP Plan (even if it is taxis home / back to accommodation)

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Approved By	OSL/ Sports & Wellbeing Office	
Date	27 <sup>th</sup> June 2019	
Review Date	27 <sup>th</sup> June 2019	