



Clubs & Societies | Code of Safe Practice

Self-Evaluation & Action Plan Template 25/26

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 minimise 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, 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

TO BE CHANGED

CLUB/SOCIETY DETAILS	Information
Club/Society name:	DCU Rowing
Date this Code of Safe Practice Completed:	12/09/25
Version Reference:	4
Outline the main activities undertaken by your club/soc:	Facilitating the practice of Rowing in all its forms. Fostering the development of members as rowers, coaches, and individuals Providing a platform for rowers to represent DCU Rowing in competition Promoting a sense of community among our members through rowing, and non-rowing related activities
Name of person(s) completing this form:	India Wall, Laura Wakeham
Confirm the name(s) of the officer responsible for disseminating the Safe Code of Practice to members:	India Wall, Laura Wakeham
Confirm the officer responsible for reporting all accidents to the DCU Health & Safety Officer, e-mail safety@dcu.ie :	India Wall

Have you uploaded a copy of your club or society constitution?	Yes
<p>Please indicate if your club/soc is familiar with: DCU Clubs & Socs 'Keeping it Safe' guidance document available at: https://sites.google.com/dcu.ie/dcclubssocsoperationsmanual20/keeping-it-safe</p> <p>Committee members are familiar with this guidance from previous years (link provided above leads to an error page)</p> <p>Is there a National Governing Body (NGB) for your Sport/Society: Yes</p> <p>If Yes please provide full name of NGB and website:</p> <p>Rowing Ireland, https://www.rowingireland.ie/</p> <p>Does your NGB have a Safety Code: Yes</p> <p>If Yes please attach a copy to this code or provide a web link to the policy: https://www.rowingireland.ie/wp-content/uploads/2020/11/Safety-Manual-revised-2020-April.pdf</p> <p>Does your club/society comply with this NGB Safety code?</p> <p>Certain sections not directly applicable given the club's current affiliation status, and the current scope of activities undertaken by the club. Should these circumstances change, and as the scope of activities undertaken expands, the club is committed to ensuring compliance with the Rowing Ireland Safety Manual.</p>	
Do you have a copy of codes of practice or regulations for facilities that you use regularly?	Standing Risk Assessment completed for regular activities of the club. Procedures undertaken based on this.

INSURANCE	Information
Does your NGB require you to take insurance? If yes please give details and attach a copy of the policy.	Insurance Policy included as part of Rowing Ireland Membership, which all members will be required to purchase.
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	Committee to be responsible for making new and continuing members aware of this policy
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?	No plans currently to host any DCU event in external venue. Club will ensure to notify DCU Sports and Wellbeing if this changes.
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?	No plans currently to host any major event
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 equipment owned by club currently. Members have access to training equipment under agreement with partner club.
Are you planning any overseas trips ? If so, provide details of travel Insurance you have in place for this trip.	Potentially planning an overseas trip this year (training camp). As details are confirmed for the trip, the committee will take responsibility for ensuring that adequate insurance coverage is in place.
Do your Coaches/Instructors have their own Professional Indemnity Insurance? If yes please attach a copy.	Members have access to coaches/instructors under agreement with partner club (Neptune Rowing Club). All coaches are subject to this club's policies.

TRAINING & COMPETENCIES	Information
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.	Chairperson Seán Greene has watched recordings of these workshops, and is familiar with the procedures described therein.
Please indicate if your committee and coaches have held a briefing session on training, instruction and health and safety applicable to their activity/facility.	Club will hold a training/safety briefing early in semester one for new and existing rowers.
Please indicate the names and qualifications of coaches/instructors and indicate whether relevant certificates verifying qualifications and insurance has been received.	N/A, coaches to be provided by partner club
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

EQUIPMENT	Information
Types Of Equipment: Indicate the various types/categories of equipment that the club uses and/or submit an equipment log.	<p>The club does not yet own equipment, and plans to use the rowing machines in the Sports Complex for training, along with utilising the High Performance Gym once per week.</p> <p>Members will have access to training equipment (boats, oars, rowing ergs, etc.) under the agreement in place with our partner club.</p>

Usage of Equipment: indicate how members are trained as necessary in the safe use of all equipment supplied to them	The club committee, and responsible persons from partner club will instruct members on safely using equipment
Equipment Log: who is responsible for maintaining a register of equipment to include purchase dates, price etc	Team Captain to be elected at EGM will have responsibility. Chairperson India Wall and Team Captain Laura Wakeham will be responsible in the interim (in the event that the club acquires any equipment)
Checking Equipment before use: Is equipment subject to a visual or written inspection for defects before use? Who is responsible?	The club committee (Team Captain), or responsible persons from partner club, as applicable, will regularly check equipment to ensure that it is safe for use by members. Members will also be encouraged to check their own equipment before use.
Storing Equipment, detail how and where equipment is stored, and/or transported.	1 Cox box and 1 charger 2 Stoke coaches plus 1 charger
Maintenance of Equipment as per manufacturers or NGB guidelines: State the name of the Officers with responsibility for equipment maintenance and regular safety checks.	Team Captain to be elected at EGM will have responsibility for equipment owned by Club. Chairperson India Wall and Vice-Chair Aed McNulty will be responsible in the interim (in the event that the club acquires any equipment).
Damaged/Unwanted equipment/Disposal of equipment: State your policy for damaged or unsafe equipment and disposal of old equipment.	Club committee will be notified of unsuitable equipment and will dispose of this equipment in a safe and efficient manner

	Team Captain to be elected at EGM will have responsibility (India/Aed in the interim, in the event that the Club acquires any equipment)
Hire of Equipment: Do you plan to hire equipment for use on campus 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	Club does not plan to hire any heavy equipment, with high risk of injury/accident. In the event that this does occur, the Club committee will be responsible for ensuring that this is done safely, and that all necessary approvals have been obtained from the Estates Office, etc.
Loaning Equipment: Please outline your policy on loaning equipment to club members; please include details of the club officer responsible for overseeing policy; records of loaned equipment; criteria for borrowing equipment, etc.	Team Captain to be elected at EGM will be responsible for maintaining records. Chairperson India Wall and Vice-Chair Aed McNulty will be responsible in the interim (in the event that the club acquires any additional 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	Club currently has at least one member who is a qualified nurse, trained first aider and BLS qualified. Committee will ensure that members training in the Sports Complex, High Performance Gym, and at Partner Club are aware of procedures for accessing the first aid services available to them at these locations.
Please indicate the committee members that have attended the Casualty Management workshop held early in Semester 1.	Any available committee members to attend this workshop in Semester One, once it occurs

<p>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.</p>	<p>We plan to partner with a local rowing club, and until club members are trained, we will abide by this club's safety protocol. Partner club's policies will provide for Rescue and Emergency Care (REC).</p> <p>Club committee will make efforts to arrange such training at the earliest convenience.</p>
<p>Does your club/soc have designated Athletic Therapy & Training students? If so please state names and a summary of when they provide services.</p>	<p>We currently have one Sports Science student as a member who facilitates education and training surrounding strength and conditioning with the aim to prevent injury.</p> <p>As we are partnered with Neptune Rowing Club, our designated coaches are attuned to safe training with the aim to prevent injury.</p>
<p>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.</p>	<p>Vice Chairperson Aed McNulty, and Team Captain to be elected at EGM</p>
<p>List your COVID Officers</p>	<p>Chairperson - India Wall</p>
<p>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</p>	<p>Chairperson - India Wall</p>
<p>If you are hosting a major event First Aid Provision must be arranged. Please provide details of provision for events if applicable.</p>	<p>N/A</p>

RISK ASSESSMENT	Information
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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 18-08-2024
Are Risk Assessments recorded and regularly reviewed? Please indicate how often risk assessments are reviewed.	Yes. Risk assessments will be reviewed once per semestre, or as required by club
Please indicate which committee member is responsible for carrying out risk assessments for regular/new/once off club/society activity.	India Wall, Chairperson Aed McNulty, Vice-Chair
Are Dynamic Risk Assessments carried out for trips and events and recorded? (see guidance at the end of this document)	Yes
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.	In the event that members have safety concerns to raise, they should directly inform the Chairperson of the club and/or the committee member responsible for an activity

TRIPS Checklist	Information <i>You are required to do a trip specific risk assessment / checklist for all individual trips</i>
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Trip Leaders: do leaders have the necessary knowledge, experience and qualifications, where appropriate to lead a trip	To be completed when planning for trips
Insurance: Is all appropriate travel insurance for the group in place?	To be completed when planning for trips
Risk Assessment: for all activities should be undertaken and all possible control measures put in place	To be completed when planning for trips
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)	To be completed when planning for trips
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	To be completed when planning for trips
Contingency Plans: for reasonably foreseeable emergencies should be made.	To be completed when planning for trips
Beginners/Novice to Leader ratios: Ensure that this ratio is appropriate for the trip in question.	To be completed when planning for trips
Itinerary: A full trip itinerary should be prepared and circulated to all members.	To be completed when planning for trips
Travel: How the party will move between the relevant locations and who will be driving the vehicles.	To be completed when planning for trips
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.	To be completed when planning for trips
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 	To be completed when planning for trips
Equipment: This needs to be in proper working order and should be frequently checked throughout the trip	To be completed when planning for trips

First Aid: You should ensure you have the appropriate first aiders available and the correct First Aid equipment and an accident reporting procedure.	To be completed when planning for trips
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EMERGENCY PROCEDURE	Information
<p>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> <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>Club Chairperson will be responsible for communicating this information to all members early in Semester One, and all members will be made aware of how they can access this in case of emergency. Club Chair to be notified immediately of any incident, to enable completion of injury/incident report form.</p> <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 and sent to the DCU Health & 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"> <input type="checkbox"/> Stop and think. Assess the situation. Stay calm. <input type="checkbox"/> Ensure that the group is safe and accounted for. <input type="checkbox"/> Are there any hazards present that may affect the group? <input type="checkbox"/> Attend any casualties if it is safe to do so. <input type="checkbox"/> Give first aid within the group's capabilities. <input type="checkbox"/> Get expert help if required. <input type="checkbox"/> Get/ give any third party/ witness/insurance details if necessary. <input type="checkbox"/> Gather the information required by the Emergency Services: <ul style="list-style-type: none"> <input type="checkbox"/> Name(s) of group members <input type="checkbox"/> Number of people injured <input type="checkbox"/> Locations of group members <input type="checkbox"/> Medical condition of the group. <input type="checkbox"/> First Aid given <input type="checkbox"/> Age(s) of group members

	<ul style="list-style-type: none"> <input type="checkbox"/> Time of accident <input type="checkbox"/> Equipment available to group <input type="checkbox"/> Cooperate fully with the Emergency Services. <input type="checkbox"/> Someone from the group accompanied the casualties to hospital. <input type="checkbox"/> In the event of a serious accident/incident contact DCU Security on 700-5999 (available 24 hours). <input type="checkbox"/> 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	N/A, to be completed if club gains any members under 18
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	N/A, to be completed if club gains any members under 18
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/	Yes
Are you aware of your NGB information or recommendations in relation to good practice for safeguarding children?	Yes
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	Yes

GUIDELINES FOR BEHAVIOUR	Information
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<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, https://www.dcu.ie/students/az/alcohol-policy</p> <p>DCU Respect & Dignity Policy, https://www.dcu.ie/advice/respect-dignity</p> <p>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</p>	<p>Code of Conduct for Club/Society Committee Members</p> <p>DCU Alcohol Policy</p> <p>DCU Respect & Dignity Policy</p>
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DISCIPLINARY PROCEDURE	Information
<p>Please detail how you will deal with breaches of the code of conduct.</p>	<p>Breaches of code of conduct will be brought to attention of club committee</p> <p>Disciplinary action will be at discretion of committee</p> <p>Members may be suspended or permanently excluded from club activities</p> <p>Committee members may be subject to dismissal, in line with Article 7 of Club Constitution</p>

CLUB OFFICERS	Information
<p>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>	<p>Chairperson: To chair meetings, and provide leadership and direction to the club. Ultimately responsible for activities of the club.</p> <p>Vice-Chairperson: To assist the chairperson with providing leadership and direction to the club. Ultimately responsible for activities of the club in absence of chairperson.</p> <p>Secretary: Responsible for all things organisation/record-keeping, scheduling meetings and taking minutes.</p>

	<p>Treasurer: Manages finances of the club. Main responsibility for budgets and funding requests.</p> <p>Public Relations Officer: Responsible for Club communications and advertising.</p> <p>Rowing Officer: Responsible for training and competition related activities of the club.</p> <p>Equipment Officer: Responsible for ensuring that equipment owned by the club is maintained, accounted for, and safe to use.</p> <p>Team Captain Shall take on the responsibilities of both Rowing Officer and Equipment Officer.</p>
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Code of Safe Practice Action list



Club/Society: DCU Rowing

Date:

AREA	ACTION Required (if any)	Lead Person	Target Date
CLUB DETAILS & RESOURCES	N/A	India Wall	N/A
INSURANCE	N/A	India Wall	N/A
TRAINING & COMPETENCIES	Briefing session with club members about training, health and safety, emergency procedures, etc.	Laura Wakeham	30.09.25
EQUIPMENT	Equipment Review	Laura Wakeham	30.09.2025
FIRST AID	Arrange for First Aid Training Arrange for REC training Inform members of Sport Centre first aid and ATT Clinics	India Wall	Soonest Possible date
TRIPS	Discussion over coming weeks around details for possible trip to be planned by the club, and any required steps to be taken.	India Wall	When/if applicable
RISK ASSESSMENT	N/A	India Wall	N/A

EMERGENCY PROCEDURE	Communicate emergency procedure information to all club members. Club committee to review and become familiar with this information.	India Wall	30.09.25
CHILD PROTECTION POLICY	N/A	India Wall	N/A
GUIDELINES FOR BEHAVIOUR	N/A	India Wall	N/A
COMPLAINTS PROCEDURE	N/A	India Wall	N/A
DISCIPLINARY PROCEDURE	N/A	India Wall	N/A
CLUB OFFICERS	N/A	India Wall	N/A
OTHER	N/A	N/A	N/A
OTHER	N/A	N/A	N/A
OTHER	N/A	N/A	N/A

DCU Rowing | Activity Risk Assessment 2025/26

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 <i>with potential to cause injury</i>	Controls Already in Place <i>(what actions /procedures are you already doing to minimize possibility of injury)</i>	Risk Category (High/Medium/Low) <i>(considering the actions / procedures you already have in place)</i>	Further Controls Being Implemented To Reduce Risk <i>(eg First Aid / area to be inspected prior to start Require equipment test certs etc)</i>	Date to be Completed <i>Online Management System Roll Over</i>
In door Training: -Improper Form -Prior Injuries -Equipment used	Implement warm up procedure to avoid injury. Ensure all rowers are instructed on rowing form to reduce risk of injury. Assess all equipment prior to use to minimise risk of injury. Wipe down the rowing machine after use to maintain cleanliness. Ensure there's enough space around the rowing machine to move and train comfortably. Wear appropriate workout attire.	Low	All Club Members will be subject to the latest Neptune Rowing Club Safety and Emergency Protocols. see https://neptunerowingclub.ie/wp-content/uploads/2019/12/Neptune-Safety-and-Emergency-Document.doc.pdf for further information. All members to become familiar with procedures for accessing first aid and emergency assistance available to them at all training locations	Before commencement of training for new rowers, and subsequently as required

<p>Outdoor Training: -Improper Form</p> <ul style="list-style-type: none"> -Prior Injuries -Boat and Equipment used -Poor Weather and Water Conditions -Traffic Conditions -Personal Safety -Group Safety and Communication 	<p>Implement warm up procedure to avoid injury.</p> <p>Ensure all rowers are instructed on rowing form to reduce risk of injury.</p> <p>Assess all equipment prior to use to minimise risk of injury</p> <p>Check weather forecasts before heading out and be prepared for changes in conditions.</p> <p>Avoid rowing during strong winds, thunderstorms, or low visibility due to fog or rain.</p> <p>Avoid rough water, strong currents, and sudden changes in water conditions.</p> <p>Inspect boats and equipment for any damage or wear before launching.</p> <p>Ensure oars are securely fastened and in good condition.</p> <p>Verify that all safety equipment, such as life jackets and bailers, are present and functional.</p> <p>Follow navigation rules and be aware of the designated rowing areas and routes.</p>	<p>Medium-High</p>	<p>All Club Members will be subject to the latest Neptune Rowing Club Safety and Emergency Protocols. see https://neptunerowingclub.ie/wp-content/uploads/2019/12/Neptune-Safety-and-Emergency-Document.doc.pdf for further information.</p> <p>All members to become familiar with procedures for accessing first aid and emergency assistance available to them at all training locations</p>	<p>Before commencement of training for new rowers, and subsequently as required</p>
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	<p>Yield to larger vessels and maintain a safe distance from other boats.</p> <p>Watch out for obstacles such as bridges, piers, and markers.</p> <p>Carry a communication device such as a radio or mobile phone in a waterproof container.</p> <p>Know the location of the nearest safe landing point in case of emergencies.</p> <p>Become familiar with Neptune Club and local emergency procedures and contact numbers.</p>			
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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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Approved By	OSL/ Sports & Wellbeing Office	
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Review Date		