

# **OXFORD UNIVERSITY POWERLIFTING CLUB**

## **CODE OF CONDUCT 2009/2010**

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### **1.0 Introduction**

- 1.1. Being totally committed to the safety of its members, the University of Oxford Powerlifting Club will operate so far as reasonably practicable, in accordance with the following document, its risk assessment, the Proctors rules and current NGB guidelines (BAWLA).

- 1.2. Members planning to compete are strongly recommended to join the National Governing Body:-

Great Britain Powerlifting Federation  
25 Church Path  
Sandy Beds  
SG19 1ET

Telephone Number: 01767 223887

Webpage: [www.gbpf.org.uk](http://www.gbpf.org.uk)

- 1.3. It is the responsibility of the individual member to ensure that affiliation/membership is paid on the due date, and any information on new or current "Best Practice" requested. A copy of the affiliation form should be provided to the Sports Department and its nominated officers as soon as the affiliation/membership is renewed and where possible.
- 1.4. The club will appoint a new committee on 4<sup>th</sup> week of Trinity Term. The committee will serve for one complete academic year.
- 1.5. At least two members of the new committee will arrange a Safety Briefing/Compliance meeting with the Sports Department and its nominated officers within two weeks of appointment. All clubs should have met with the Sports Department and its nominated officers before the end of Michaelmas Term.
- 1.6. The reviewed and signed versions of the Code of Conduct and Risk Assessment will be supplied to the Sports Department and its nominated officers at an agreed time after the appointment of the new committee.
- 1.7. The clubs appointed "Senior Member" is \_\_\_\_.
- 1.8. It is the responsibility of the individual, to bring to the attention of the Committee, any known medical condition or previous injuries that may affect their or other Club member's safe participation within the sport. If the issue is of a sensitive nature, then this MUST be raised via the Sports Department and its nominated officers.
- 1.9. The Club Code of Conduct, Risk Assessment and Constitution shall be available for members on the club website under a clear 'Safety Documents' link.

## 2.0 Club Activities

FOR THE ACADEMIC YEAR 2009/2010 OUR PROPOSED ACTIVITIES WILL BE:

ACTIVITY	DAY/DATE	VENUE/LOCATION
Training	Mon/Tues/Thurs/Sat 5-10PM	Iffley Road Sports Complex
BUCS League	Nov 30, 2008	Bournemouth University Sport Complex
Varsity Powerlifting	March 8, 2009	Iffley Road Sports Complex
Cuppers Match	Hilary 2009	Iffley Road Sports Complex

## 3.0 Specialist Officers

- 3.1. The Club Committee will consist of at least three of the following officers who shall be fully matriculated members of the University:

**President** Karl Seddon karl.seddon@seh.ox.ac.uk

**Treasurer** Robert Pearce robert.pearce@seh.ox.ac.uk

**Captain A** Luke Pike luke.pike@sjc.ox.ac.uk

**Captain B** Tristan Gray-Davies tristan.gray-davies@mansfield.ox.ac.uk

**IT Officer** Gareth Ellis garethellis@gmail.com

**Social Secretary** Adam Sandel adam.sandel@jesus.ox.ac.uk

The duties and responsibilities of these individual officers are outlined in section 3 of the Code of Conduct guidelines to this document.

## 4.0 Event Organiser, Activity Leaders and Coaches and/or Instructors

- 4.1. The University of Oxford Powerlifting Club will follow the Sports Federation guidelines for Event Organisers and Activity leaders, as detailed in section 4 of the 'guidelines for the Code of Conduct'

The name of the Club appointed Event Organisers for 2009/2010 are:

NAME	POSITION	E-MAIL

- 4.2. The name of the Club appointed Activity Leaders for 2009/2010 are:

NAME	POSITION	E-mail

- 4.3. The Powerlifting Club have no appointed Coaches/Instructors for 2009/2010.

The club is reminded that the Coaches and Instructors are to provide the Sports Federation with a copy of their latest qualification, their First Aid Qualification (if held) and proof of Personal Indemnity Insurance. This information will be sent to the Sports Federation Office prior to the commencement of the new academic year (Michaelmas). It is the responsibility of the Coach and/or Instructor to renew and supply copies of the above forms.

- 4.4. Activity participants:

Although Activity Leaders are responsible for informing participants about the exact nature of an activity, participants should be aware that they are responsible for their own actions, especially if they choose to disregard advice given by an Activity Leader or Event Organiser or Coach and/or Instructor.

## 5.0 University Sports Club Activities

- 5.1. The University of Oxford Powerlifting Club will undertake its activities as outlined in section 5 of the Code of Conduct guidelines to this document.

## 6.0 Activity Registration

- 6.1. The University of Oxford Powerlifting Club will follow the guidelines of the Trip Registration Form guidelines for trips in the United Kingdom and abroad, as detailed in section 10 & 11 of the safety webpage.

## **7.0. First Aid**

- 7.1. The University of Oxford Powerlifting Club will follow the guidelines for First Aid provision, as detailed in section 12 of the safety webpage.

The name of the Club trained and/or qualified First Aiders for 2009/2010 are:

<b>NAME</b>	<b>POSITION</b>	<b>QUALIFICATIONS</b>	<b>E-MAIL</b>
Luke Pike	President/Captain	Advanced Medical First Responder I	<a href="mailto:Luke.pike@sjc.ox.ac.uk">Luke.pike@sjc.ox.ac.uk</a>

## **8.0. Accident and Emergency Procedures**

- 8.1. The University of Oxford Powerlifting Club will follow the Accident and Emergency Procedures, as detailed in section 7 of the safety webpage.

## **9.0. Training Courses**

- 9.1. In an effort to promote the highest standards of instruction, training and safety, the University of Oxford Powerlifting Club actively encourages its members to partake in training courses, gain experience or undertake formal assessment in our sport.

The Club will endeavour follow the guidelines for provision of this, as detailed in section 13 of the safety webpages.

## **10. Clubs Complaints Procedure**

- 10.1. The Club operates a procedure that allows Club members to raise complaints about issues, which might include the following:

- The safety of Club activities.
- Poor standards of instruction or leadership.
- The standard of equipment used for Club activities.
- Poor Club Administration.
- The lack of suitable activities for their level of participation.

- 10.2. Complaints concerning Club safety or operational matters should initially be addressed to the Club President. If this does not prove satisfactory a written complaint should be made to the Sports Federation. If this reply is unsatisfactory then a written complaint should be made to the Director of Sport.

## **11.0. Governing Body Recommendations**

The University of Oxford Powerlifting Club will operate so far as reasonably practicable, in accordance with our current NGB guidelines.

## **12.0 Code of Conduct Guidelines**

The code of conduct guidelines can be used as an appendix to the Code of Conduct and the information is available in section 6 of the safety webpages at [www.sport.ox.ac.uk](http://www.sport.ox.ac.uk)