



CAMBRIDGE UNIVERSITY HOCKEY CLUB SAFETY POLICY

CLUB SAFETY POLICY

Cambridge University Hockey Club (CUHC) believes that high standards of health and safety are important to achieving a safe, enjoyable hockey environment. The Club endeavours to ensure that reasonable steps are taken to provide a safe and healthy environment for its members to play hockey in.

CUHC recognises that planning, implementing and reviewing its health and safety procedures should be a continual process in order to achieve the above aims.

The maintenance of safe and healthy playing conditions requires the active cooperation of all Club members, each of whom have a duty to take care of his or her own safety and that of others. Every person has a duty to bring situations that they believe to be unsafe, or shortcomings in Club safety arrangements, to the attention of the Club Welfare Officers.

CUHC WELFARE OFFICERS (2026/27)

Ollie Bell (olb29) and Kayla Roberts (kmr74) are happy to listen to and discuss any safety-related concerns and can signpost you to other welfare/safety services/resources.

SAFETY RESPONSIBILITIES IN CUHC

Responsibility	Officer Responsible	Specific Safety Arrangements
General oversight of club safety management	Junior President & Welfare Officers	Liaise with the Sports Service and Wilberforce Road Sports Ground staff to ensure that Risk Assessments are up to date and reviewed annually. Create a safe environment by acting on any measures identified by the Risk Assessment. Ensure that these measures are reviewed regularly, including at the AGM.
Clear communication with club members on safety matters	Junior President, Welfare Officers & Team Captains	Ensure that all members are training and competing at an appropriate and safe level by regularly assessing individual ability. Ensure that all members are aware of, understand and can access the Club's safety policy. Ensure that Club members are able to raise safety concerns with the Welfare Officers. Ensure that Club members are aware of normal and emergency safety procedures.
Effective continuous management of safety arrangements	Junior President, Welfare Officers & Team Captains	Ensure the CUHC Safety Roles are being fulfilled by the relevant Officers and Captains.





		Review safety procedures, arrangements and information at committee meetings.
Provide appropriate mitigation control measures for injuries	Welfare Officers and Team Captains	Ensure there is access to First Aid facilities at all times during Club Activities. Report any injuries or accidents sustained during any Club activity to the Sports Service and investigate when necessary.
Uphold a culture that supports the safety policy	All Club members	Take reasonable care for your own health and safety, and that of others who may be affected by what you do or not do. This includes a strong recommendation to wear a mouthguard and shinpads during hockey. Co-operate with the Club on health and safety issues. Use all equipment safely.
Ensure that equipment is safe	Junior President, Club Captains, Team Captains, Goalkeeper Representative, Kit Secretaries	Maintain equipment inventory. Ensure that equipment is safe to use before all activity. Ensure that all damaged equipment is marked and or quarantined and disposed of as soon as possible.

RISK ASSESSMENTS

Team coaches should be aware of the risks associated with each training session. A Club Risk Assessment Form is available for use by coaches. If a problem is identified the coach should consider whether the hazard can be removed, whether the facility management needs to be notified and if the planned session can still take place safely. The facility management should be contacted if there are any problems relating to access, security, the facility, equipment or lighting. Coaches should take a note of when and to whom the problem was reported and the action that will be taken.

ON MATCH DAY

The responsibility for determining if the pitch is safe on match day would usually lie with the umpire. If the captain/coach has any concerns regarding the safety of the home or away pitch on match days, they should discuss these with the Umpires and Opposition to determine the appropriate course of action.

It is advisable to find out the facility telephone number and postcodes for away venues in case of emergency. Captains should familiarise themselves with any specific safety measures in place at away venues, and communicate this to their teams.

TELEPHONES

Each team must have access to a mobile phone at pitch side for training and matches. In the event of an accident the facility manager should be kept notified of the situation.



FIRST AID KITS

All teams are provided with a First Aid Kit that must be available at training and on match days. It is essential that First Aid supplies are replaced when used. Each team captain is responsible for their First Aid Kit, and must inform the Welfare Officers or Junior President should replacement supplies be required.

PROTECTIVE EQUIPMENT

Individual players are responsible for taking any protective equipment to matches and training and using these appropriately. The Club can provide facemasks for teams if requested through Team Captains. Responsibility for using these after purchase sits with the individual.

ACCIDENT/INCIDENT REPORT BOOKS

In case there are any repercussions from either injury or the treatment, it is essential that it is recorded by filling in an Accident/Incident report form and the Club Welfare Officers notified. Accident/Incident report forms are to be kept with each team's First Aid Kit. If there are Accident/Incident report forms present at the facility one of these should also be completed. This is part of the process of dealing with an accident, and should be done immediately after First Aid has been administered.

IN THE EVENT OF AN ACCIDENT

Accidents may still occur when playing hockey, despite all possible precautions being taken.

If an accident occurs remain calm but act swiftly and observe the situation. Think before you act. Is there a danger of further injuries?

- LISTEN to what the injured person is saying
- Deal with the life-threatening situation

AIRWAY

BREATHING

CIRCULATION

The aims are to:

PRESERVE LIFE

PREVENT WORSENING

PROMOTE RECOVERY

- Alert a First Aider who should take appropriate action for minor injuries.
- In the event of an injury requiring specialist treatment call the emergency services (999) ensuring they know the exact location of the injured party.
- Deal with the rest of the group and ensure that they are adequately supervised.
- DO NOT move someone with major injuries. Wait for the emergency medics. DO NOT leave the patient until medical help has arrived.
- DO NOT give the injured person anything to eat or drink in case hospital treatment is necessary.
- Any person rendered unconscious (even momentarily) must be checked by a doctor.



-
- Remember to complete the appropriate accident/incident book ensuring that a Club Welfare Officer is also notified
 - Never admit liability of any sort.

HOSPITAL TREATMENT

As a result of the injuries sustained some patients may need hospital treatment but the nature of the condition means that they may be safely transported by car or taxi. Another individual, in addition to the driver, should accompany the patient to monitor their condition.

The point at which the accident becomes an emergency requiring specialist help is determined by the First Aider managing the casualty. If there is the slightest doubt, there should be no hesitation in contacting the Emergency Services by dialling 999.

KEY SAFETY CONTACTS

Emergency Services: 999

NHS 111 Service: 111

KEY FACILITY CONTACTS

Wilberforce Road Sports Ground

Wilberforce Road

Cambridge

CB3 0EQ

Telephone: 01223 335996

Addenbrooke's Hospital

Hills Road

Cambridge

CB2 0QQ

Telephone: 01223 245151 (main switchboard)

In emergencies, call 999 rather than the hospital switchboard.