

Club Safety Policy: Oxford University Mixed Martial Arts Club

Introduction

- 1) Oxford University <Club Name> Club (henceforth known as ‘the club’) is totally committed to the safety of its members. For the current academic year, and all future academic years, the clubs' activities operate in accordance with this document, the clubs risk assessment(s), the [University Regulations for the Activities and Conduct of Student Members](#) and the guidelines of any National Governing Body that the club is affiliated to.
- 2) This policy relates to the physical safety of club activities and club members within those club activities. Any issues relating to the behavior of specific club members should be addressed through the club's code of conduct.
- 3) The club affiliates to the National Governing Body (NGB) for any / all sporting activity in which the club operates activity, as per the clubs constitution.
 - a) The club acknowledges that it is the club's responsibility to ensure that its current activities adhere to the regulations and guidelines of the NGB(s) that the club affiliates to. Support and guidance are also available via the Sports Safety Officer.
 - b) The club is currently affiliated to United Kingdom Brazilian Jiu Jitsu Association (UKBJJA) and will continue to be affiliated for the full academic year.
- 4) This policy is updated at least once a year, for the beginning of the academic year. An updated version of this document is submitted to the Sports Federation at least once per academic year, through the club handover process, and is subsequently updated immediately, and re-submitted (via safety@sport.ox.ac.uk) should any changes be required. This is a live policy relating to all club activities and is updated frequently.
- 5) The updated version of this document, and all other club documentation, is made available to the club's members via the club's website. This is also updated immediately, when changes are required.

Overview of Activities

Weekly Activities [during term-time only / all year round]

Day	Time	Location	Sessions Name and/or Description
Monday	17:00-18:30	Dojo, Iffley Gym Complex	MMA Open Mat
Tuesday	20:00-22:00	Rugby Fives Courts, Iffley Gym Complex	Muay Thai
Wednesday	07:00-08:30	Dojo, Iffley Gym Complex	MMA Open Mat
	17:30-19:30	Rugby Fives Courts, Iffley Gym Complex	Women’s Only Session
Thursday	17:00-18:30	Dojo, Iffley Gym Complex	Brazilian Jiu-Jitsu
Friday	07:00-08:30	Dojo, Iffley Gym Complex	MMA Open Mat
	17:00-16:30	Dojo, Iffley Gym Complex	Wrestling
Saturday	12:00-14:00	Dojo, Iffley Gym Complex	MMA Open Mat
	17:30-19:30	Rugby Fives Courts, Iffley Gym Complex	Muay Thai

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Sunday	12:30-14:00	Dojo, Iffley Gym Complex	Brazilian Jiu-Jitsu
	14:00-15:00	Dojo, Iffley Gym Complex	Brazilian Jiu-Jitsu Open Mat

Annual Events

Approximate Date (e.g. Week of Term)	Approximate Time	Location	Event Name and/or Description
Week 8 Hilary Term	Afternoon	Oxford University/Cambridge University Sporting Grounds: typically this is decided each year, and is rarely at the same venue twice as we grow so much in between each event	MMA Varsity Event

Annual Trips / Tours

Approximate Dates (e.g. Week of Term)	Location	Trip / Tour Name and/or Description

Risk Assessments

- 6) All club activities are appropriately risk assessed by the club. The club maintains up to date and accurate records of its risk assessments, so they can be immediately referred to should an accident, incident or near-miss occur. The clubs also maintain records of any changes made to those risk assessments (including the dates any changes were made) to be referred to as and when required. Support with conducting risk assessments can be requested through the Sports Safety Officer, who will also review all clubs' risk assessments periodically and provide feedback.
- a) Risk assessments for regular club activities are included as appendices to this policy, which will be updated when changes are required. Such risk assessments are reviewed at least once every 12 months (e.g. during the handover process or before the start of a new academic year).
- b) Risk assessments for events are submitted via the event registration process to be approved by the Sports Safety Officer. All details are submitted at least 21 days prior to the event, as per regulation 1.12(2) of the [University Regulations for the Activities and Conduct of Student Members](#), which is reiterated in the club's constitution.
- c) Risk assessments for trips and tours (UK or abroad) are submitted via the trip and tour registration process to be approved by the Sports Safety Officer. All details are submitted at least one calendar month prior to departure, as per regulation 4.2 of the [University Regulations for the Activities and Conduct of Student Members](#), which is reiterated in the club's constitution.

- 7) For risk assessment purposes, club activities include any activity organised by the club or its committee member for the benefit of the club's members, or any activities using the club's resources or name. Activities or events organised between members of the club are not included, providing the club and/or committee is not involved in organising the activities and the club does not provide its resources or name in the organising of the activities.

First Aid

- 10) All club activities are appropriately covered by qualified first aiders, unless the risk assessment for the activity explicitly states that first aid cover is not required.
- a) This cover comes in a variety of forms (such as qualified staff at host venues, qualified coaches leading activity, qualified club members within activity, emergency services or externally appointed first aiders) and will be specified in the risk assessment for each activity.
 - b) Should the agreed first aid provision not be available, the risks are reassessed using guidance from the National Governing Body and the Sports Safety Officer. If following re-assessment, the activity cannot go ahead safely, then the club will cancel that planned activity.

Accidents, Emergencies and Near Misses

- 11) All accidents, emergencies and near misses that take place during club activities are logged by the club and reported to the University via [the Health & Safety Incident Reporting Form](#), which is required by health and safety law, to ensure that the club is maintaining a duty of care to its members. All reported accidents, incidents and near-misses will be reviewed by the Sports Safety Officer.
- a) An 'accident' is defined as an unfortunate incident that happened unexpectedly and unintentionally resulting in injury to a person or persons and/or damage to property.
 - c) An 'incident' is used to encompass accidents, dangerous occurrences, specified occupational exposure, ill-health. All accidents, emergencies and near misses that take place during club activities are logged by the club and reported to the University via [in the Health & Safety Incident Reporting Form](#), which is required by health and safety law, to ensure that the club is maintaining a duty of care to its members.
 - d) A 'near-miss' relates to incidents that did not result in injury, illness, or damage, but that had the potential to do so. Recognising and reporting these incidents can provide opportunities to learn lessons that prevent future injury or damage. Club members and committees are actively encouraged to report near misses without fear of blame, to ensure safety is improved for any future or repeat issues.

Insurance

- 12) All club activities are appropriately insured to ensure that the members, and the club itself, have an appropriate level of cover should an accident or incident occur.
- a) The club has public liability insurance, which is provided by UKBJJA and a copy of this insurance can be provided to members or third parties when needed.
 - b) The club has personal accident insurance, which is provided by UKBJJA and a copy of this insurance can be provided to members when needed. All registered club members (registered through the Sports Federation membership process) are also covered by the Sports Federation personal accident insurance. This policy should be treated as a backup for club specific cover, but details of this policy will be communicated directly to members once they are registered by the club.

- c) The club ensures that all coaches and session leaders have appropriate professional liability cover in place and always maintains up to date records of those insurance details.

Coaching

- d) Any sports coaching that takes place within club activities is led by individuals with appropriate qualifications and insurance in place. Coaching is defined as the process of motivating, guiding, and providing technical advice or training to individual(s) or teams, relating to the sport or activity in question.
 - e) Coaching can come in a variety of forms. This requirement includes external contracted instructors or coaches (whether permanent or visiting), club members, student leaders and volunteers, who all must have the correct qualifications and insurance in place.
 - f) Volunteer instructors or coaches can, in some circumstances, have insurance cover through the sports NGB without having a qualification, but any insurance in place must still be clarified and evidenced and the club will maintain up to date records of those insurance details.
- 14) All individuals that are 'coaching' within club activities are registered with the Sports Federation through the Club Coach Registration Form, as per regulation 1.12(1)(k) of the [University Regulations for the Activities and Conduct of Student Members](#).
- a) The club acknowledges that failure to register coaches through the Club Coach Registration Form, or failure to include any coach's qualifications or insurance, may expose club officers, the club and the University to damages arising out of negligent action by the coach, and as such will ensure all coaches are registered appropriately.

Events

- 15) All events organised by the club are planned, organised and risk assessed in a thorough manner.
- a) 'Club events' are defined as any activities that take place on a specific date(s) or at a specific time(s) that are outside of the club's regular risk assessed activity, which can include sporting and non-sporting activities. Further details can be found via the [Events](#) page of the Sports Federation Hub.
 - b) All club events are submitted via the Event Registration Process, to be approved by the Sports Safety Officer. All details are submitted at least 21 days before the event is due to take place, as per regulation 1.12(2) of the [University Regulations for the Activities and Conduct of Student Members](#).
 - c) The club acknowledges that failure to register any event within the above deadline may mean that said event cannot be approved and therefore cannot take place.
- 16) Club social events and activities are also appropriately planned, organised and risk assessed, but in most cases will not be registered via the Event Registration Process, unless they are associated with or linked directly to a sporting event (e.g. an after-event dinner).
- e) Club social activities are defined as any non-sporting activity organised by the club or its committee members for the benefit of the club's members, or any activities using the club's resources or name. Social activities or events organised between members of the club are not included, providing the club and/or committee are not involved in organising the activities and the club does not provide its resources or name in the organising of the activities.

Trips and Tours

- 17) All trips and tours organised by the club are planned, organised and risk assessed in a thorough manner.

- a) 'Trips and Tours' are defined as any club activity that requires an overnight stay or any activity outside of Oxford for those sports deemed as 'higher risk'. Further details can be found via the [Trips and Tours](#) page on the Sports Federation Hub.
- b) All club trips and tours are submitted via the Trips and Tours Registration Process to be approved by the Sports Safety Officer. All details are submitted before the club makes any firm commitments, and at least one month before the trip or tour is due to take place, as per regulation 4.2 of the [University Regulations for the Activities and Conduct of Student Members](#).
- c) All club overseas trips will also follow all of Part 4 of the [University Regulations for the Activities and Conduct of Student Members](#), which includes individual permission requirements for each student (through the Sports Safety Officer and the Proctors) should the trip take place during Full Term or the Thursday and Friday preceding Full Term. The club is aware that permission for students to travel within these timescales is not guaranteed and the club will make alternative arrangements if permission is not granted (e.g. change of dates) otherwise the trip or tour will be unable to take place.
- d) The club, the individuals and any club property travelling should not be uninsured during any part of a trip, as comprehensive travel insurance is a requirement for all participants travelling on a club's overseas trip.
- e) The club acknowledges that failure to register any trip or tour within the above deadline may mean that said trip or tour cannot be approved or take place, either at all or at least in the name of the University.

Safeguarding Children and Vulnerable Adults

- 18) Club activities that bring (or may bring) members into contact with children under 18, or anyone defined as a vulnerable adult, are separately risk assessed and approved by the Sports Safeguarding Officer.
- a) Any concerns regarding safeguarding are to be addressed to the club committees and the club ensures that every club member knows how to escalate concerns to the committee.
 - b) Any concerns brought to the committee are shared with the Sports Safeguarding Officer (SSO), as early as possible, who may refer to the University Designated Leads for a decision and action if required. Concerns should not be reported to the club's NGB until the University Designated Leads has provided feedback to the Sports Safeguarding Officer.
 - c) Any risk assessments or concerns shared with the Sports Safeguarding Officer should be sent only via safety@sport.ox.ac.uk for confidentiality purposes.

Club Safety Policy: Oxford University Mixed Martial Arts Club - Appendices

Appendices To Be Included: -

- 1) General / Overall / Regular Risk Assessment(s)
- 2) Activity Specific Risk Assessment(s) – Events, Trips, Fixtures etc.
- 3) Concussion Guidance / Policy – If appropriate to sport (e.g. from NGB)
- 4) Weight Management Policy – If appropriate to sport (e.g. from Sports Federation Template)

Appendix 1: General Risk assessment

RISK ASSESSMENT FORM – OXFORD UNIVERSITY SPORT.				
SPORTS CLUB		Oxford University Mixed Martial Arts		
NAME OF PERSON COMPLETING THIS RISK ASSESSMENT		Nuria Lalaguna-Silke 	DATE OF ASSESSMENT:	13/05/2025
NAME OF PERSON SIGNING THIS RISK ASSESSMENT (ONE FROM; CLUB PRESIDENT, SECRETARY OR CLUB H&S OFFICER)		Ian Lu 	SIGNING OFF DATE:	13/05/2025
HAZARD (Cause and consequences)	AFFECTED GROUPS (e.g. players, coaches, spectators, officials)	EXISTING CONTROL MEASURES IN PLACE (below is guidance only – change/adapt as appropriate)	RISK	SUGGESTED FURTHER ACTION(S) (this section <u>needs</u> to be completed where risk is determined to be medium/low, medium, or high . Where risk is determined to be low, effectively zero , this is optional)

VENUE/ LOCATION SPECIFIC choose areas relevant to your activity from (a) indoor, (b) outdoor, (c) pool based, (d) water based, or (e) mountain/hill/cave.				
Floor/Wall surroundings Individuals could get hurt from throws or falls onto ground or near a wall. Individuals may trip over objects in training area	Participants	Club maintains purpose-specific mats which are permanently laid out on the gym floor, which provide cushioning for impact. No socks/shoes. All kit to be kept away from mats. Spills immediately mopped up. Sturdy purpose-specific barriers protect those training from walls.	Low	In event of any serious injury/incident: If at Iffley Road, inform duty staff (via reception) Accidents to be reported to https://oxforduni-remoteforms.info-exchange.com/Incident

TRAINING / COMPETITION ACTIVITY AND EQUIPMENT - SPECIFIC				
Physical contact	Individuals could get physically injured, with sprains, bruises, dislocations or even potentially dislocations	All coaches are qualified and supplied by a professional gym Gym maintains a first aid kit Proper warm ups and cool down conducted every training session Progressive training strictly implemented; beginners are required to master basics before commencing any mixed martial arts techniques People work with partners of similar ability and weight	Medium	Report to front desk for first aid help if necessary
Slips, trips and falls/Slippery Mats	Participants, coach	Coach/person(s) in charge needs to check facility is fit for purpose prior to start of activity and monitor throughout. Report any trip or slip hazards, including poor lighting, to facility staff and warn activity participants until hazard is removed or made safe (Encourage a 'see it, report it, sort it' mentality). Drinks to be consumed and stored well from playing/activity area.	Low	Club committee /coach to ensure that the facility is fit for purpose, free of trip hazards and clean and dry, particularly free of blood and other body fluids. Water is strictly to be consumed outside the mat area, to prevent any possible spillage
Cross contamination of bodily fluids Individuals could encounter others' bodily fluids and contract illnesses/infections	Participants	Club members are made aware of the importance of upkeeping good hygiene both in and outside of training, and are advised to stay away if they have or suspect they have any illnesses or infections. Furthermore, should any bodily fluids be secreted onto the mats, they should be cleaned immediately with disinfectant spray. Following this, any and all persons who made contact or may have made contact with the fluids should be advised to monitor their health for any potential complications accrued as a result of doing so	Medium	Working with Iffley to help ensure our training spaces are being cleaned, including provision of cleaning equipment or services for the Dojo, to minimise risk of infection spread within our club and other clubs that use the space.
Welfare (also see Exhaustion/Dehydration and Safeguarding)	All Club Members Coaches	Overtraining /Dehydration Stress Bullying	Low	Signpost where appropriate by Club committee / welfare officer. Examples:

Mental Health Wellbeing		Follow NGB Welfare guidance		Sports Fed and /or their Welfare Officers (can be done in confidence).
Weight Management (where appropriate)		Club/coach should not put pressure on any individual(s) to lose or gain weight especially if there is a need to make a specific weight.		Other College/University support. National Governing Body Designated Welfare Lead
Exhaustion /Dehydration (also link to Welfare) Possible causes: Dehydration Overtraining Lack of sleep University life – over commitment	Participants	Players to bring water/appropriate fluid to sessions. Water fountains are available at Iffley Road. Check availability at other facilities. Breaks given for rehydration in training and competition. Have medical support in place. Refer to Welfare where appropriate.	Low	
Management of Injuries /Illness (incl first aid) Injuries/illness incurred during activity or outside of activity. Return to Activity from injury or illness	All	Inform duty facility staff in event of participant(s) suffering injury or illness during activity. First aider will assess and respond accordingly. If not at a staffed facility, use any first aider / medical staff provided (e.g. BUCS fixtures at Parks) otherwise seek advice on 111 (999 if life threatening). Obtain any medical conditions from all new participants and existing members to let coach/leader know of any new injuries/medical conditions. Coach/leader is to liaise with any participant returning from injury to ensure it is not	Medium	In event of any serious injury/incident: If at Iffley Road , inform duty staff (via reception) Away from Iffley Road – inform any facility (duty) staff first. If none, call 999/112 and then ASAP call Security Services on 01865 289999 or Sports Safety Officer on 07780 693388. Use What3Words App for precise location (see website here) & Save A Life app for nearest defib location (download App from IOS or Google Play) Accidents to be reported to

		aggravated by returning to early, Incorrect training or overtraining.		https://oxforduni-remoteforms.info-exchange.com/Incident Club to adhere to NGB and University (Sports Dept & Central) H&S Policies and record keeping. Inform SSO of any club member interested in gaining first aid qualification.
Cardiac Arrest (<i>where a heart stops pumping blood around the body. A heart attack is a sudden loss of blood flow to a part of the heart muscle</i>) Party will be; Unconscious Unresponsive Won't be showing any movement including not breathing or may be are making gasping sounds). Note – British Heart Foundation offer a free online training course - RevivR	Anyone	If alone – • Call 999/112 if possible using hands free speaker on phone. • Follow guidance given by 999/112 staff on CPR and start ASAP. • Do not go for Defib if alone (paramedics will bring it). • Carry on with CPR until help arrives or exhausted. If others around: • Start CPR if possible whilst helper calls 999/112 and put on speaker if required. • Helper find and bring defib to casualty. • Ask helper to take pads and defib out and follow voice prompts. • Carry on with defib/CPR until paramedics arrive.	Low	Call 999. Where applicable, give call handler number on Defib cabinet (to get code to unlock). OUS Defib locations; Iffley Road Sports Complex – At main reception desk (duty staff will respond) OURFC (rugby) main building. Parks – external cabinet outside public toilets. Marston Sports Ground – external cabinet to side (garage end) of main building. External sites – check with facility provider. In advance, have downloaded to phones, What3Words App for precise location & Save A Life App for nearest defib location. Aftercare to be provided to all involved parties. Incident report to SSO by phone (07780 693388).
Concussion Headshots	Participants	Sports Club Committee and coaches are to be aware of any specific NGB concussion	Medium	In event of any serious injury/incident:

Recognition, Management, Return to Activity. Failure to recognise, treat and manage concussion may result in severe injury / fatality. Note - Some symptoms of concussion. Headache Dizziness Feeling sick or vomiting Memory Loss Unusual Behaviour Vision Issues		protocols. Generic guidance can be found here Remove injured party from training/game. Seek immediate first aid in event of concussion or suspected concussion! If in doubt, they must sit out and should not return. Liaise with first aider and have someone stay with injured party (incl if transferred to hospital). Monitor condition before allowing return to activity (in line with NGB guidelines). Participant to stop immediately if he/she feels unwell on any return to activity. Inform student's college ASAP after incident.		If at Iffley Road, inform duty staff (via reception) Away from Iffley Road – inform any facility (duty) staff first. If none, call 999/112 and then ASAP call Security Services on 01865 289999 or Sports Safety Officer on 07780 693388. Use What3Words App for precise location (see website here) & Save A Life app for nearest defib location (download App from IOS or Google Play) Accidents to be reported to https://oxforduni-remoteforms.info-exchange.com/Incident If concussion diagnosed, club to follow NGB guidance on management and return to activity for concussion. Seek guidance also from Sports Safety Officer and/or club Welfare Officers (including signposting).
Wrist damage from striking	Participants	Wrist wraps recommended to all members to enable support and guarding to wrist and knuckle areas	Low	
Unsafe coaching	Participants	Club Committee to ensure that the coach / instructor is qualified and insured and where applicable a CRB is completed. Further actions – send copies of qualifications and insurance to Sports Safety Officer – annually for insurance or upon change of coach.	Very low	Report to Sports Safety Officer and/or club Welfare Officers
Injuries due to missing/incorrect PPE	Participants	Coach to ensure participants are wearing appropriate attire and when appropriate PPE (e.g. mouth guards, gloves, head protection).	Low	

TRAVEL - SPECIFIC

a) Travel to/from venues away from Iffley Road

Driver/Club preparation Checking route and parking arrangements of locations in advance	Drivers Club committee	Drivers of any vehicle, with help of other responsible person(s), should check in advance for: Location and parking arrangements. If using Sat Nav, program routes before setting off. If using via a phone, use a cradle but beware of driving laws that cover mobile use whilst driving. Time and distance (allow extra time). Potential hazards (roadworks etc.) and have other route in case. Weather conditions for to and from venue. Adhere to road and traffic laws and regulations.	Low	In event of any serious injury/incident: Away from Iffley Road – inform any facility (duty) staff first. If none, call 999/112 and then ASAP call Security Services on 01865 289999 or Sports Safety Officer on 07780 693388. Use What3Words App for precise location (see website here) & Save A Life app for nearest defib location (download App from IOS or Google Play) Accidents to be reported to https://oxforduni-remoteforms.info-exchange.com/Incident
	Drivers	Avoid distractions particularly from others in vehicle. Use assistance of others when reversing, parking, or manoeuvring in tight spaces.		

b) Driver Safety									
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Driver Distraction (e.g. use of mobile phone, eating/drinking, passenger distracting, leaning/reaching)	Drivers Passengers	All drivers (under Sports Fed Transport Scheme and those who drive their own vehicle on club activities) should complete the University's Safety Office Driver Awareness E-Learning Course (requires single sign on and is free to University members)	Very low	Drivers are liable for fines/points/attending training course for any breaches of the Highway Code.
	Drivers			Responsible for safety of themselves and all others in vehicle.

		Should be made aware distractions/anti-social behaviour are likely to affect driver. Do not use mobile phones whilst driving. Suggest putting on 'Do Not Disturb mode'. Use controls on steering wheel (where appropriate) to avoid reaching/leaning for dashboard controls Advisable not to use headphones whilst driving. Advisable not to eat or drink whilst driving. Pull over and stop in a safe place to do so. Take regular rest breaks. Do not drive over 2 hours in any one stint. Stop ASAP for a break if feeling tired at any time.		
Hired Vehicle (through Sports Federation)	Drivers, passengers	Drivers must be on authorised list of drivers registered on scheme and have passed any checks/training course in place. Check vehicle and paperwork thoroughly on hiring to ensure no issues. Raise with car hire staff any discrepancies. Check hired vehicle for damage on pick up and drop off. Take relevant photo evidence of any and pass to Sports Fed ASAP.	Low	Drivers/clubs may be liable for costs in the event of damage not reported to Sports Fed/Insurance Office or in the event of a delay in informing Sports Fed/Insurance Office. Provide supporting evidence as required (e.g. photos, witness statement) Drivers are liable for any speeding and/or parking offence reported to them or to Sports Fed (for hired vehicles). For hired transport, look to have a minimum of 2 drivers if this is possible (in case of tiredness, injury) particularly if the drive will be more than 2 hours one way. Minibus/MPV drivers, when reversing or in tight manoeuvring spots MUST use a banksman (someone

				to be outside the vehicle) and help guide the driver). Agree on signals. Club to adhere to NGB and OUS H&S Policies and record keeping.
Private vehicle (MOT, tax, insurance, all correct)	Drivers, passengers	Driver responsible for ensuring vehicle is roadworthy, Insurance MOT and tax in place. Driver must have full driving licence.	Low	Drivers of private vehicles are advised to check with their Insurer they are insured to drive on 'sports club' business.
Travel (Incidents) incl accidents, breakdown.	Drivers Passengers	Ensure vehicle and occupants are not in danger from other road users. All to leave vehicle and move to safe place. Use breakdown service. Details can be found in hired vehicles. Any private vehicle used must have breakdown cover (driver responsible). Major incidents (i.e. involves any emergency service and/or anyone goes to hospital. Call 999/112 in the event of life-threatening incident or 111 for non-urgent cases. ASAP call Security Services on 01865 289999. Minor incidents - Inform Sports Fed and hire company ASAP. Take photos for evidence purposes.	Low	Away from Iffley Road – inform any facility (duty) staff first. If none, call 999/112 and then ASAP call Security Services on 01865 289999 or Sports Safety Officer on 07780 693388. Use What3Words App for precise location (see website here) & Save A Life app for nearest defib location (download App from IOS or Google Play) Accidents to be reported to https://oxforduni-remoteforms.info-exchange.com/Incident For hired vehicles, inform Sports Fed asap so hire company can be told Drivers/clubs may be liable for costs in the event of damage not reported to Sports Fed/Insurance Office or in the event of a delay in informing Sports Fed/Insurance Office. Provide supporting evidence

				as required (e.g. photos, witness statement)
SOCIAL / NON-TRAINING ACTIVITIES such as use of alcohol, non-prescribed drugs, behaviour / personal safety				
Physical injury or illness Damage to property, equipment, and reputation of sports club and/or University.	All attending club social events	Follow NGB and OU (incl OUSF) Code of Conducts/Practice with disciplinary procedures in place. No alcohol prior to and during activity. Alcohol should be consumed to moderate levels at any other time and not to excess. Drivers should not drink any alcohol and see non-alcohol alternatives. Non-prescribed drugs allowed at any time. Advice for all is to use well-lit and well used areas at night-time. Be aware of surroundings. Avoid flaunting items of value (e.g. watches, large amounts of cash, phones) Ensure anyone who has drunk to excess is accompanied to their home/college and is observed thereafter.	Very low	There is potential reputational risk to the sports club, Sports Department and University in the event of adverse behaviour of an individual(s). Club committee should remind members. If necessary, seek medical advice on 111 (NHS)
Personal Safety (maybe comprised in the event of an individual drinking to excess)				

Appendix 3: Concussion Guidance/Policy

Information will be provided to participants should they need help managing a concussion. We provide resources including the “UK Concussion Guidelines for Non-Elite (Grassroots) Sport produced by the UK Government, and “Concussion Guidelines for the Education Sector” Produced by The Faculty of Sport and Exercise Medicine, The Royal College of Emergency Medicine, and the Society of British Neurological Surgeons. Our Welfare officer is also aware of our club management protocol for injury and is able to guide club members through rehabilitation should they need it.