

SAFETY STATEMENT

Statement of General Policy:

CUKBS is strongly committed to encouraging our members to take part, whilst seeking to ensure that the health, well-being and safety of each individual is managed effectively and that the safety of all external parties is considered and managed.

Safety Responsibilities and Arrangements:

Responsibility	Officer Responsible	Specific Safety Arrangements
<p>General oversight of club safety management</p>	<p>Health and Safety officer</p>	<p>Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.</p> <p>Create a safe environment by putting health and safety measures in place as identified by the assessment.</p> <p>Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness (as a minimum once per year at the AGM).</p> <p>Ensure that the safety policy is reviewed and changed accordingly in cases when a potential hazard arises, in particular in case of injury of a member of the club.</p> <p>Ensure that if the well-being and safety of any individual is compromised, the reason behind this is detected and all concerned parties are given the appropriate safety training (again).</p>
<p>Clear communication with club members on safety matters</p>	<p>Health and Safety officer</p>	<p>Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.</p> <p>Ensure that effective blocking techniques have been learnt before sparring.</p>

		<p>Ensure that all members recognize the need for appropriate protective equipment and adhere to these requirements at all times.</p> <p>Ensure that individuals are aware of the most common scenarios resulting in injuries and are able to recognize these situations and take appropriate action.</p> <p>Ensure that all members are aware of, understand and follow the club's health and safety policy.</p> <p>Ensure that club members are able to raise safety concerns.</p> <p>Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.</p>
<p>Effective continuous management of safety arrangements</p>	<p>Health and Safety officer</p>	<p>Appoint a competent club member to assist with health and safety responsibilities.</p> <p>Review safety procedures, arrangements and information at committee meetings.</p> <p>In case of injury - review the existing safety measures and identify the reason for the ineffectiveness of the existing safety measures. Amend the existing safety measures accordingly.</p>
<p>Provide appropriate mitigation control measures for injuries</p>	<p>Health and Safety officer</p>	<p>Provide access to adequate first aid facilities, telephone and qualified first aider at all times.</p> <p>Report any injuries or accidents sustained during any club activity or incidents that may have led to injury/ill health whilst on the club premises to the Sports Service and investigate when necessary.</p> <p>Ensure that after injury the club member receives first aid and</p>

		<p>possibly medical attention in the hospital by qualified professionals before returning to training.</p> <p>If the club member is uncertain about the severity of the injury, the advised action is to stop training, rest and monitor the condition. In case of pain and swelling get medical attention immediately.</p> <p>Medical students are not regarded as qualified professionals (as they do not have a doctor's license).</p>
Uphold a culture that supports the safety policy	All club members	<p>Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.</p> <p>Co-operate with the club on health and safety issues.</p> <p>Correctly use all equipment provided by the club.</p> <p>Not interfere with or misuse anything provided for your health, safety or welfare.</p> <p>Wear the right protective equipment according to the club guidelines. Neglecting this (wearing gloves which are too small or pads which leave your feet open) can result in injuring another club member during sparring.</p> <p>Inform the other person if you see a potential hazard and help with implementing the correct safety measurement, if you can. The officer responsible might not be able to spot all safety hazards so the members of the club need to be able to recognize hazards and take action accordingly.</p>
Ensure that Equipment is safe	Health and Safety officer	<p>Maintain equipment inventory.</p> <p>Ensure that statutory equipment inspections are carried out, and that pre-use inspections are carried out and recorded at least quarterly.</p>

		<p>Ensure that all damaged equipment is marked and or quarantined and disposed of as soon as possible.</p> <p>Make sure all your protective equipment fits. Members of the club must check their protective equipment before sparring - the mouthguard by opening the mouth, the headguard by moving the head around. Even if any piece of protective equipment usually fits, the members of the club need to ensure that it does not feel too tight or too loose each time before sparring.</p> <p>If at any time during sparring a piece of protective equipment comes loose, sparring must be stopped and the piece of equipment adjusted. Members should raise their hand to signal their sparring partner or say "Stop" loudly to adjust equipment.</p> <p>Covid-related measures:</p> <p>When any piece of fitness equipment is used it must be sterilized using a spray sanitiser after every use. If said piece of equipment cannot be sterilized effectively due to the material it's made of (anything made of cloth for example) this equipment is only suitable for individual use.</p> <p>Members should bring their own kit and be prepared to buy gloves, shin guards and footpads. Only equipment which can be adequately sterilized after use can be given out for the session. This can be pads (boxing pads and thai boxing pads) as they are fully made of leather and can be sterilized with a spray sanitiser, but Not boxing gloves, wraps, shin guards (unless fully plastic) or footpads.</p> <p>When used, the boxing bags must be sterilized with a spray sanitiser</p>
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		<p>after each use. If members are rotating between different kinds of boxing bags, the bag must be sterilized by the member who used it before the next member approaches the bag.</p>
<p>Ensure that Covid-related protective measures are in place</p>	<p>Health and Safety officer</p>	<p>Members who are in a high-risk group designated “clinically extremely vulnerable” and who live with them should avoid group training at the moment.</p> <p>Members should not come in if they are experiencing any symptoms or have had contact with anyone who has symptoms. Symptoms include any of the following: high temperature, a continuous cough, and a loss of sense of smell or taste.</p> <p>A maximum number of members should be established based on the square footage of the training room in order to ensure a distance of at least 2 meters between all members. Each member should be assigned their station to ensure social distancing. Members should not leave their area unless the session implies rotation stations (see below).</p> <p>Members are recommended to sanitise their hands before entering the gym and wear a mask until reaching their assigned station.</p> <p>If part of the session is a circuit which implies that members have to change stations and move around the gym, an order of rotation between stations must be established and maintained. Each station should allow for a distance of at least 2 meters between every two members, and equipment must be sterilized during each change of stations Before the next member comes into the station. Social</p>

distancing must be maintained when members are changing stations.

Members should keep all their personal items in their possession at their stations and should not touch items belonging to other members.

Members should come in their training clothes and should not change in the training room.