

# Cambridge University Ski and Snowboard Club Health and Safety Policy 2020-21

Members of the Cambridge University Ski and Snowboard Club (CUSSC) have the responsibility for the health and safety of the staff, students, visitors and others who may be affected by our activities.

CUSSC will take all reasonable steps necessary to provide a healthy and safe environment for its members. Compliance with all statutory obligations is the minimum standard. It is the duty of every member to take care of their own health and safety and that of others who could be affected by their acts or omissions.

## **HEALTH AND SAFETY POLICY**

1. CUSSC recognises that failures in health and safety management can potentially lead to loss of life, personal injury, damage to property and legal action. Managing this risk is one of the main roles of the management of CUSSC.
  - a. Skiing is a physical sport that involves a number of potential hazards and risks. Racing increases the likeliness of some of these risks. This is why the Club insists on members always prioritizing safety, respecting instructions from coaches and following mountain safety advice and common sense.
2. The underlying principle of the CUSSC Health and Safety Policy is that 'those who create the risks must manage and control them'.
3. CUSSC will ensure, as far as is reasonably practicable, that everyone who may be affected by the activities of its members is aware of the health and safety arrangements and has appropriate information, equipment, knowledge, time, training and supervision to enable risks to health and safety to be identified and controlled. For further details on our first aid provision please see Appendix A.
  - . The CUSSC President must appoint in writing an appropriate member of their committee as Safety Officer. This person monitors the implementation of the club's Health and Safety Policy and advises the President on the effectiveness of arrangements.
  - a. The Club takes concussions very seriously. The wearing of a helmet is required by the Club at all times during any snowsport activities. The Club will do its best to ensure medical attention is obtained in the shortest delays and that the athletes concerned are prevented from taking part in any activities until medical authorisation is given.
4. Insurance: The Club does not provide insurance for members. Members are expected to rely on their personal insurance, or the one offered by commercial trips such as Varsity Trip Ltd. or BUSC Events.
  - . Due to the physical nature of snowsports, and the locations where the Club competes, we highly recommend that members get a European cover insurance. The Club will do its best to help injured members, but the Club is under no obligation of doing so and cannot be held responsible for injuries.
5. Accidents should be reported to a member of the committee, who will escalate it to the Vice-President or President, and if necessary to the relevant University staff. All accidents will be reported to the Sports Service Safety Officer, using this form: [www.sport.cam.ac.uk/injury-and-incident-reporting](http://www.sport.cam.ac.uk/injury-and-incident-reporting) (including as much detail as possible).

6. CUSSC uses an online sign-up form for members. This asks for emergency contacts, details of medical conditions, and consent to the CUSSC Code of Conduct, CUSSC Data Protection Policy, and use of photography (etc.) in CUSSC promotional media.
7. During trips and events run by others, such as Varsity Trip and BUCS, the Club has no authority or responsibility and the participants must follow the trip's policies.
8. The Club also adheres to the University's Health & Safety Policy.
  - . Corporate responsibility for health and safety rests with Council and the General Board of the University of Cambridge.
9. Effective means to consult and communicate with staff on safety matters and to monitor safety management performance at appropriate organisational level will be delivered through the CUSSC executive committee. The University's Health and Safety Executive Committee, and other groups part of the University of Cambridge health and safety structure, are responsible for wider issues. The University appoints persons 'competent to advise [on health and safety]' in accordance with the Management of Health and Safety at Work Regulations. These persons may work in any sector of the University. Please refer to the University Health and Safety Policy for more details; a contact list is provided at Appendix B.
  - . The supervisor of any activity, whether this is a field trip, practical task, office work or teaching must have an understanding of the hazards and associated risks and make the risk assessment appropriate for the circumstances.
10. All staff in a supervisory position must be familiar with both the University and CUSSC Health and Safety policies and recognise that they have in this respect responsibility for those whom they supervise.
  - . They will promote and practise a positive attitude towards health and safety and good working standards, ensuring equipment is maintained in a safe condition, ensuring that instructions are in place and being followed, and reporting and investigating accidents is undertaken in order to identify and implement remedial measures.
11. The Club follows and adheres to the policies of British Ski & Snowboard (BSS) and International Ski Federation (FIS).

*To support our Health and Safety policy statement the Club is committed to the following duties:*

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and competition by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Provide access to adequate first aid facilities, telephone and qualified first aider at all times.
  - Isabel Austin (Vice President) is first aid trained for 2020-2021
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.

- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

### *Appendix A: Details of First Aid Provision*

CUSSC trains at least one first aider each year, who will be on hand at every event.

Training (Land: university sports centre; Snow: Milton Keynes Snozone snow dome) is undertaken at venues with established first aid procedures. We therefore use their first aid provisions and procedures, ensuring that members of the club are aware of these beforehand.

At other times, CUSSC will arrange for a member of the Cambridge University First Aid Society, a student group in St. John Ambulance, to be present. [CUFAS](#) provide first aid cover at community and sports events, as well as train members of the University in First Aid.

### *Appendix B: University Contacts*

**Safety Office:**

01223 (3)33301

[safety@admin.cam.ac.uk](mailto:safety@admin.cam.ac.uk)

**Fire Safety:**

01223 (3)37822

[universityfiresafety@admin.cam.ac.uk](mailto:universityfiresafety@admin.cam.ac.uk)

### *PLEASE NOTE THAT EVERY MEMBER OF CUSSC HAS A RESPONSIBILITY TO:*

- Take reasonable care for their own health and safety and that of others who may be affected by what they do or do not do.
- Cooperate with the club on health and safety issues.
- Familiarise themselves with CUSSC, and University, and Departmental Health and Safety policies
- Raise any concerns regarding health and safety via the reporting systems in place at Department and University level.