



RGU SPORTS CLUBS HEALTH & SAFETY POLICY

1.0 GENERAL STATEMENT

Running a club safely is vital to protect students and the public involved in student sporting activity at Robert Gordon University, both from personal injury and legal proceedings. This policy reflects RGU Sports Clubs ambition to provide and maintain, as far as reasonably practicable, a safe and healthy environment for all student sporting activities, and to provide information and training for this purpose.

RGU Sports Clubs, as part of RGU Union have a common law 'duty of care' to participants undertaking sporting activity under the auspices of the Robert Gordon University. Employers' duties provided by the Health and Safety at Work etc. Act 1974 also apply.

As a member of an RGU Sports Club you should be aware of the [Robert Gordon University's Policy Statement for Health and Safety](#) and abide by RGU Union's Health and Safety policy, access here: <https://www.rguunion.co.uk/about/documents/>.

This policy applies to all RGU Sports Club members, committee members, volunteers, coaches, and participants involved in any club-sanctioned activity, including training, competition, events, and travel. This policy applies to all sports club activity, irrespective of where it takes place, and should consider the health and safety policy of the location, including transport.

2.0 RESPONSIBILITIES

The RGU Union staff team will be responsible for liaising with all partners associated with RGU Sports Clubs for the development of adequate Health and Safety provision. Partners include:

- RGU SPORT
- Robert Gordon University

2.1 RGU UNION

RGU Union and the President of Sport and Physical Activity, with support from staff from RGU SPORT, are responsible for:

- The organisation of a Health and Safety briefing session as part of the club committee induction process.
- The organisation of extra training for high-risk clubs to ensure activities and events are planned safely and successfully.
- Providing approval and oversight of risk assessments for new or high-risk activities where required.
- Following up of accident/incident report forms.
- Ensuring safety regulations imposed by the relevant sport National Governing Bodies (NGB's) are adequately adhered to.
- Distributing and making available refills for first aid kits.

The RGU Sports Club committee responsible for:

- Making decisions on behalf of its membership.
- All items of kit and equipment belonging to their Sports Club.



- The Duty of Care of their members during Sport Club activities, excluding social events, and/or as advised by the relevant sport National Governing Body.
- Ensuring that the Sports Club is conducted in accordance with their club constitution and RGU Sports Club policies.
- Liaising on a regular basis with the President of Sport and Physical Activity.
- Ensuring risk assessments are completed, reviewed, and, where required, submitted for approval prior to activity taking place.
- Ensuring all participants have valid membership prior to taking part in club activity.
- Ensuring novice members are aware of the risks involved and take reasonable steps to ensure that parties have the skills and knowledge to manage these risks.
- Handing over important safety information to incoming committee members.
- Maintaining reasonable awareness of both official and unofficial activities associated with the club where these may impact the safety and wellbeing of members.

3.0 RISK ASSESSMENTS

All Sports Club activities, including training, fixtures, competitions and trips, must be supported by a documented risk assessment using the approved RGU Sports Clubs [template](#).

The Sport Club's Committee are responsible for ensuring the completion and communication of appropriate risk assessments. At minimum, risk assessments should be reviewed annually by the Sport Club's committee.

Risk assessments must identify hazards, outline appropriate control measures, and clearly state the individual(s) responsible for implementation.

Risk assessments must be reviewed at least annually and updated whenever new activities, venues, or risks are introduced. Where required, updated assessments must be submitted to the President of Sport & Physical Activity for approval prior to activity taking place.

Failure to comply with risk assessment requirements may result in suspension of club activity and further action in line with RGU Union procedures.

3.1 Trip Preparation

Additional Risk Assessment protocols must be followed for Sport Club excursions by completing a [trip preparation form](#), under the below circumstances:

- Overnight within the UK (except BUCS fixtures)
- Abroad
- High risk clubs' excursions

3.2 Unofficial Trips

While unofficial trips fall outside formal RGU Sports Club governance structures, committees have a responsibility to maintain awareness of activity being organised in the name of the club or involving a significant number of members.

Committees should:

- be aware of who is attending,
- understand the basic details of the trip or activity, and
- intervene where there are clear and significant safety concerns.

This is particularly important where:

- travel abroad is involved,
- higher-risk activities are planned, or
- inexperienced members are participating.

In such cases, committees should seek advice from the President of Sport & Physical Activity.

4.0 HIGH RISK CLUBS & ADVENTUROUS ACTIVITY

RGU Sports Clubs recognise that some activities involve a higher level of inherent risk due to the environment, equipment, or level of participant exposure. These are defined as “adventurous activities” and are subject to additional controls in line with the RGU Sports Clubs Adventurous Activities Policy.

Activities may be considered higher risk where they involve:

- Water-based environments
- Height, speed, or physical contact
- Remote or changing environments
- Specialist equipment
- Travel, including overnight stays or international trips

Examples include (but are not limited to) rowing, snowsports, climbing, equestrian activity, and similar activity types.

Clubs engaging in higher risk or adventurous activity must:

- Ensure all activity is declared in advance and approved in line with the Adventurous Activities Policy
- Complete appropriate risk assessments
- Ensure activities are led by competent individuals with appropriate experience or qualifications
- Have appropriate first aid provision and emergency planning in place
 - Provide additional safety measures where required (e.g. enhanced briefing, supervision, or training)

A number of sports clubs are identified as regularly undertaking higher risk activity and may be subject to additional requirements. These currently include:



- Cheerleading
- Climbing
- Equestrian
- Rifle
- Rowing
- Rugby
- Snowsports

This list will be reviewed annually and may change depending on the nature of activities undertaken.

Where a club undertakes an activity that falls within the definition of adventurous activity, regardless of whether they are listed above, the requirements of the Adventurous Activities Policy will apply.

4.1 INSURANCE

RGU Union is responsible for providing personal accident insurance to all paid members taking part in regular Sports Club activity within Scotland and the UK. Policy summaries can be shared with sports club members upon request.

Clubs must ensure that all individuals participating in activity hold a valid membership. Committee members are responsible for checking membership status prior to participation. Individuals without valid membership will not be covered by RGU Union insurance.

5.0 ACCIDENTS & INCIDENTS

In the event of a serious incident or injury, emergency services (999) must be contacted immediately where appropriate. The safety of all individuals present must be prioritised.

Once it is safe to do so, the incident must be reported to the President of Sport & Physical Activity as soon as possible, in line with reporting procedures.

5.1 First Aid Provision

5.1.1 Training and Playing at RGU SPORT

For clubs who train and/or play home fixtures in RGU SPORT, will have access to trained first aiders and first aid supplies through RGU SPORT. Should an accident occur a member/coach should contact reception as soon as possible. Reception can be contacted from any internal phone using 3666. RGU SPORT staff will attend the incident and treat the casualty in accordance with their training.

5.1.2 External Training and Home Fixture Venues

Prior to booking external venues, the President of Sport and Physical Activity will confirm whether first aid will be provided as part of the hire agreement. Where first aid is provided, should an accident occur, members should get help from the first aider on site by contacting their reception desk.

Where first aid is not provided by the facility operator, a minimum of the captain and vice-captain for each team will receive sports first aid training, each year.



High risk clubs may receive bespoke first aid training, if appropriate. This is the case for Equestrian, Rugby and Shelterstone.

Trained first aiders within RGU Sports Clubs will be provided with a first aid box, which they should take to all training and fixtures. It will be the individual's responsibility to ensure the first aid box is replenished following an accident. Stock items will be available in G2 store, please contact the President of Sport when this needs to be restocked.

5.1.3 Away Fixtures

Clubs who compete in weekly BUCS fixtures, will have a minimum of one person per team who is first aid trained as a precautionary measure for away fixtures.

High risk clubs may receive bespoke first aid training, if appropriate. This is the case for Equestrian, Rugby and Shelterstone.

Trained first aiders within RGU Sports Clubs will be provided with a first aid box, which they should take to all training and fixtures. It will be the individual's responsibility to ensure the first aid box is replenished following an accident. Stock items will be available in G2 store.

5.2 REPORTING

5.2.2 Training and Playing in RGU SPORT

RGU SPORT staff will complete an accident form and upload it to awaken following their standard accident protocol.

Accidents will be followed up by RGU SPORT colleagues, within 24 hours of the accident.

5.2.3 Training and Playing at External Venues (Inc. Away Fixtures)

After administering first aid, the trained First Aider in the club who treated the casualty should complete an [RGU: Union Accident Form](#).

Accidents will be followed up by the President of Sport and Physical Activity and/or RGU SPORT colleagues, within 24 hours of the accident.

5.2.4 Scottish Student Sport (SSS) and British University and College Sport (BUCS) Competition

First aid will be provided by competition organisers and/or the host facility or all BUCS and SSS events.

5.3 Return to Play

All members will have access to educational resources, in the all club information section of the RGU Union website.



Members are responsible for their own recovery; however, club committees should take reasonable steps to prevent participation where concussion symptoms are suspected. Members should be symptom free and have returned to normal academic activity prior to returning to sport.

5.4 Incident

Should an incident occur during any RGU Sports Club Activity, the President of Sport and Physical Activity should be notified within 24 hours of the incident either by email or telephone. If after an incident you are concerned for member safety, please contact the President of Sport and Physical Activity immediately, once safe to do so.

6.0 EQUIPMENT

All RGU Sports Clubs must maintain an up-to-date kit and equipment inventory. The club committee should add any new equipment purchased during the year, and remove any equipment considered obsolete. This inventory must be sent to the President of Sport and the Club Development Officer during the handover period.

All RGU Sports Clubs should ensure that equipment is stored, managed and maintained in a safe manner. The majority of RGU sports club kit will be stored in G2. It is each clubs' responsibility to ensure their kit and equipment is kept in a tidy and organised manor.

6.1 Storage

RGU Sports Clubs should ensure that kit and equipment is stored in the appropriate conditions to reduce wear and tear. Care guidelines for kit and equipment should be available to those responsible for storing the equipment.

All equipment should be stored in RGU SPORT, in G2 store, unless otherwise agreed with the President of Sport and Physical Activity.

6.2 Using Equipment

Guidelines for safe use of sports kit and equipment should be clearly evidenced in the club's risk assessment.

6.3 Checking Equipment

Equipment and kit should be checked thoroughly by users before use to ensure that it is in good working condition and that it is still suitable for use.

Equipment must be formally inspected at least annually, with responsibility assigned to a designated committee member.

7.0 SAFEGUARDING AND PROTECTION OF VULNERABLE GROUPS

All RGU Sports Clubs must abide by the RGU Sports Clubs Safeguarding Policy.



8.0 RESOURCES

RGU Sports Clubs have made available the following resources for further information on Health & Safety for student sports clubs:

- [RGU Sports Clubs Travel Policy](#)
- [RGU Sports Clubs Trip Preparation Form](#)
- [RGU Sports Clubs Accident Form](#)
- [RGU Sports Clubs Damaged Kit and Equipment Form](#)
- <https://www.rguunion.co.uk/about/documents/>