



**Cambridge University
Powerlifting Club
Safety Statement**

2021-2022



CUPLC Safety Statement:

Cambridge University Powerlifting Club 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.

To support our Health and Safety policy statement we are 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 dependent 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.
- 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.

As a club member you have a duty to:

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Cooperate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety, or welfare.



Club Health and Safety Officers details:

- Molly Duxbury (md894@cam.ac.uk)
- Morgan Philips (mep50@cam.ac.uk)

Details of first aid provision within the club:

The club's first aid provisions are provided by the University of Cambridge Sports Centre. Please ask the Sports Centre staff member for access to and any assistance with first aid.

