



Clubs & Societies

CODE OF PRACTISE

All clubs and societies are affiliated to Lancaster University Students Union and are therefore bound by the Union regulations and constitution.

Club/Society: KICKBOXING

The Aims of the Club/Society

Lancaster University Kickboxing Society offers tuition in semi-contact freestyle kickboxing.

The description found on the website is "Freestyle Kickboxing is fast and fluid, with many spectacular techniques being thrown as opposed to just reverse punches and round kicks."

The instructors have both achieved black belt standard in another martial art, and both compete regularly at national level.

We like to think we're friendly and our social calendar is pretty good.

The following constitutes the clubs/societies procedures which must be followed by all members so that all activities are carried out safely:

Area of activity: Training Sessions

Procedures to follow

- Compulsory warm-up before every session, including cardio-vascular activity and stretching, is given by the instructor.
- Ensure the training space is clean and clear of debris before training commences. Mats are used for training purposes. The President ensures both these happen.
- No jewellery is permitted during training; suitable trousers must be worn, or ensure they are rolled up from the waist. Everyone training is informed by the instructor that proper clothing and no jewellery is mandatory.
- The Instructor ensures that activities are aimed at correct ability level and emphasises key technical points of technique.
- Activity is semi-contact only. The wearing of protective equipment is required by all members and is strictly enforced by the Instructor and the Safety Officer.
- Only Licence bearers are allowed to spar.
- The Instructor will emphasise the limitations of target areas and limit

the scope of activities for ability level.

- The instructor will encourage good technique and emphasize legal target areas.
- Association rules must be used at all times and is enforced by the Instructor and the Safety Officer. No leg kicks are allowed.
- Groin guards must be used for competitive fighting, the Safety Officer will inform members of this.
- There will be a First Aider present at every session, the Safety Officer will be first aid trained.
- All sparring will be supervised by the Instructor and they will watch for misconduct.
- All members must adhere to all above controls, as well as instructions from those in charge ie. the instructor. If this does not happen after a warning the person will be told to cease participation and leave.
- The Instructor will plan the sessions so as to limit progress of activities to a suitable speed and prevent misconduct from happening.

Areas of risk assessment covered:

First eleven sections covered, all training eventualities accounted for

Area of activity: Travel to competitions

Procedures to follow

- Drivers are checked for valid driving licenses by the President before they can drive.
- The exec in charge of planning the trip will only hire cars from reputable companies.
- The exec on the trip will make sure all members are accounted for during every stage of travel and after every stop.
- First aid will always be available during the trip. There will be a first aider and first aid kit present at all times.
- The exec will always plan trips out well in advance

Areas of risk assessment covered:

Travel to competitions section

Area of activity: Incidents during socials

Procedures to follow

- There will always be at least one exec member sober, if not more, on every social to supervise and keep control of the group. The Social Sec and Publicity Officer ensures this happens.
- Socials planned in advance by the Social Secretary.
- The exec will ensure that all members are accounted for at all times and when leaving any venue and that members cross roads at

designated points.

Areas of risk assessment covered: Incidents during socials section

Duty of Care

Please note that on top of the above procedures, all individual members of the society owe a Duty of Care to fellow members of the society and other societies, and where appropriate the public. Any society member who acts in such a way as to deliberately cause harm or injury to a fellow member and/or who displays open and persistent disregard for the societies Code of Practice will be disciplined by the society executive committee and may face expulsion from the society.