



Ultimate Frisbee Code of Practice 2006-2007

Introduction

For both new and current students at Cardiff University, the Ultimate Frisbee Club is a great way of fulfilling many personal ambitions including keeping fit, meeting new people and learning something new.

The club was set up early in 1998 and has since become very successful achieving highly at both regional and national level. However, this does not mean that the club is elitist. Indeed, as the sport of Ultimate is still largely unknown, the vast majority of our new players have little or no knowledge of this enjoyable team sport. The main aims of the club are to develop the abilities of each individual member and to encourage fair play and team spirit.

Training

Training is clearly a crucial part of any club. It is particularly important for a club such as Ultimate Frisbee because many of the members have had very little previous experience of the sport. The club meets three times a week for training, with two being indoors and one outdoors.

Tuesday	20:00 – 22:00	Talybont Sports Centre – Indoors
Wednesday	14:00 – 16:00	Blackweir – Outdoors
Saturday	12:00 – 16:00	Talybont Sports Centre – Indoors

Ultimate Frisbee, similarly to football, is an outdoor sport that can also be played on a scaled down pitch. Learning to play indoors, despite not being ‘proper’ Ultimate, is an excellent way for beginners to learn due to the flight of the disc (or Frisbee) being unaffected by wind and rain.

Registration

To attend any training session or competition with the club it is required that people have paid their subscription and have registered with Cardiff University Athletics Union. This can be done at any time during the academic year and is necessary in order to insure each individual.

Communication

As with any successful club, communication is very important. This includes not only form the committee outwards, but through feedback from all members. Information regarding training sessions, socials, competitions and general chat is sent

out to all members at least once a week via email. It is the responsibility of the committee to obtain everyone's email address at the start of the academic year.

There is also a club notice board in the AU corridor, which can be referred to for current goings on within the club.

Safety

As with all sports and pastimes, we at Cardiff University Ultimate want all of our members to enjoy playing at training and during competitions. Being a non-contact sport, Ultimate is NOT a 'high risk' sport. However, it is important that everyone is aware that despite the general good nature of the sport, there are a small number of very necessary practices and procedures which must be adhered to in order to keep the activity as safe as possible.

- The coaches should organise practices in such a way that the chance of injury is limited as much as possible. Sprains and pulled muscles are particularly common in Ultimate, but the chances of these can be minimised by group warm-ups and cool-downs.
- Warm ups gradually increase the heart rate through gentle aerobic exercise. Stretching high-risk muscle groups is particularly important, but ideally all areas of the body should be stretched.
- Warm-downs are important after high physical effort and should involve a gentle job and stretches to relax the muscles.
- Coaches should fully prepare members for games against other clubs.
- Club members should not act in any way that might directly or indirectly cause harm to another person.
- Committee members should remove any possible hazards (e.g. making sure are five-a-side goals are put away) before training sessions commence. They should also be alert to and ready to deal with any other hazards that might arise during the session.
- The coaches should monitor all training equipment. Damaged or faulty equipment should not be used and if necessary the committee should find a suitable replacement.
- All members are responsible for their own actions.
- Club members should not act in any way that might reflect badly on the club or on Cardiff University.
- Accidents and near misses must be reported to the AU within twenty-four hours. Written reports should be completed if required.

First Aid and Accident and Emergency Procedure

- It is the responsibility of the committee to ensure that at least two members of the club have valid First Aid qualifications
- If any injury occurs during training it should be reported to the reception at Talybont Sports Centre immediately. Talybont staff are trained to deal with First Aid and any advice given by them should be taken seriously.
- The club's First Aid kit must be kept equipped with all essential contents. These can be replaced at the AU.

- Any First Aid incidents should be reported to the AU on an Accident Report Form which are kept in the First Aid kit.

Trips

The club will enter a number of tournaments throughout the year which need to be organised in a way ensures everyone is properly insured.

All trips have to be registered with the Students' Union. This is done by using the AU Trip Registration Forms.

Minibuses have to be booked up to a month in advance through the Student Advice Centre. Minibuses must be returned within the arranged period of time have the appropriate volume of fuel.

Accommodation must be arranged by the committee before departure.

The leader of the trip is responsible for:

- The safety of all participants. They should find out about first aid provision at the trip venues in order to deal with any incident quickly and effectively. This information should be given to all team members so that everyone can be aware of each other's safety.
- Insuring the club guidelines are followed at all times.
- Providing a high standard of leadership and instruction.
- Registering the trip and participant details with the AU.
- Providing the Union with a written report of any accident or near miss that happens during the trip within twenty-four hours of returning.
- The trip organiser is responsible for the overall planning of the trip. They may delegate tasks, but ultimate responsibility lies with the trip organiser. It is their responsibility that all group activities run safely, efficiently and successfully.

Committee

All members of the Ultimate Committee are expected to fulfil their own responsibilities but also to work together in the best interests of the club.

President Responsible for the overall running of the club. Should encourage teamwork within the committee and the club. Ultimately responsible for ensuring the "Code of Practice" is followed and that general arrangements for the club activities are publicised.

Vice President Should be aware of all the responsibilities of the President and should help these be fulfilled.

Secretary, Equipment, Health and Safety Officer Must look after the administration for the club. Should be present to take minutes at committee meetings, and is the main source of communication between the committee and the rest of the club. Must audit and look after equipment. Must write

risk assessments and be responsible for the safety of club members.

Treasurer Responsible for keeping track of the club's financial situation. Should report to the rest of the committee regularly about club accounts so that all committee members are aware of the situation.

Social Secretary Responsible for organising and encouraging regular social events.

Captain Responsible for picking teams, captaining the first team, and coaching when a coach is unavailable.

Coaches Responsible for all aspects of training sessions including teaching, encouraging, and safety. As Ultimate is a relatively new sport, there are no specific coaching qualifications or standards. However the coaches within the club played at national tournaments and are experienced in suitable coaching techniques.

President: Jack Maidment

Vice President: Oswald Thakkar

Secretary, Equipment, Health and Safety Officer:

Thomas Davey

Social Secretary: Oli Jones, Chris Wagner

Treasurer: Gareth Michell

Club Captain: Ian King

Head Coach: Chris Griggs-Trevarthen

Coaches: Rhys Morgan, Dan Wiseman, Lee Taylor