

Trowbridge Basketball Club

Rules document for Club Members

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These rules below must be followed to ensure the club conduct and values are followed and ensure a fun and safe environment.

1. Treat each other equally and as you'd expect to be treated - This includes having dignity, respect and sensitivity. We do not tolerate any acts of emotional, physical and social abuse which includes humiliation, criticism and threatening behaviour towards our members. See our code of conduct for more details.
2. No Drugs or alcohol(subscribed medication is permitted) see our anti-doping policy.
3. Help, Encourage and guide young or new players. We want everyone to have opportunities to develop and grow within our community Club.
4. Follow our Health and safety guidelines
5. Let's grow together, we want all our members including our committee to provide suggestions on improvements we can make to develop our Club.
6. Complete all registration and membership that is required to play - We need your information for your own safety and by registering a licence with BE you are insured through their insurance.
7. Respect decisions of the committee at all times.

1. The Club Environment

1.1 Please be reminded that all our sessions currently take place on school property (St. Augustines Catholic college Trowbridge). On occasion we may use other venues to hold events and sessions. The below guidelines should be followed regardless of the venue. This includes schools, leisure centres and sports halls.

We all must:

1. Follow the speed limit within the facility
2. Respect the teachers, parents and staff at the facility
3. Enter and leave in a respectful manner
4. Use relevant facility equipment in a safe and proper manner
5. It is not permitted to enter any other part of the facility other than the sports hall without permission
6. No smoking on facility property
7. No littering on facility property

1.2 Travel - The Club may travel to other venues for friendly away games. All members attending other venues representing the club must act in a respectful manner. This will help us deliver a positive image and relationship with other Clubs & organisations.

- (A) The club is not responsible for providing the transport to and from away venues. Members may provide transport however the club takes no responsibility for damages or road related incidents.

- (B) The Away venue is likely to take place at a school or leisure centre. Therefore we must abide by their rules and policies which are likely to be similar to 1.1 of this document.

2.0 Equipment

2.1 Equipment purpose - Equipment both owned by the school & the club must be used for its purpose. This will help maintain a stable and safe environment ensuring all risks are minimised.

2.2 Renting Equipment - kit owned by the club may be rented out for free by any member however you must provide the following information;

- (1) where the equipment/kit will be stored.
- (2) The agreed duration of the rental.
- (3) Contact details of the member renting the equipment/kit.
- (4) A Description of equipment rented.
- (5) Signature obtained so any member understands the responsibilities of renting equipment owned by the Club

(A) Failure to provide the relevant information required will result in the member unable to rent the equipment/kit out.

(B) All information required must be provided to the equipment Officer before any member is able to rent equipment/kit.

(C) Only the acting equipment officer has the power to approve or decline a member's request to rent equipment.

(D) Trowbridge Basketball Club takes no responsibility for damages, loss or theft whilst equipment is being rented out. This means anyone renting equipment takes full responsibility to ensure equipment is returned and in reasonable condition.

(E) The equipment officer will have the right to issue a reasonable charge to cover the cost of any damages, loss or theft of Club equipment.

(F) This charge must be paid by the member who rented the equipment out. All Charges are payable to Trowbridge Basketball Club not the Club's equipment officer.

2.3 misuse of Club equipment - misuse is determined by any member using equipment in an unsafe manner or not for its purpose. Any reports of misuse will be taken seriously and will be investigated accordingly.

3.0 First Aid

3.1 Trowbridge Basketball Club provides a first aid kit to each Club coach, session leader and Team Manager/s. They are updated yearly and are at all times available during practical sessions.

(A) In addition to our first aid we also provide Ice packs which can be used at the user's discretion.

(B) Other medical and recovery products such as deep heat, heat pads, rollers and massage guns can be used however is not supplied by the Club

(C) Trowbridge basketball Club has the duty of care to ensure the safety of all its members. We achieve this by ensuring that all our coaches and other relevant staff are first aid trained.

4.0 Injuries and Prevention

Injuries are a big deal but sadly overlooked! We want all our members to minimise the risk of injury to ensure you keep playing the game you love.

4.1 Trowbridge Basketball Club takes no responsibility for any Injury that may occur during any of our Club sessions. Therefore the club will not financially aid anyone that may be injured as a result from our sessions.

4.2 The club has insurance provided by Basketball England and as part of your membership you will be able to register as a player with Basketball England.

4.3 The club has a generic risk assessment which outlines the risks & hazards of the sports hall that holds all club sessions. Session leaders and officials are responsible for observing any new hazards that may arise and eliminate or reduce them if possible. All players/members have a general responsibility to themselves and others to ensure safety, limiting the risk of injury. This means following the rules below:

- (1) Remove all Jewellery(Choke and cuts hazard)
- (2) Appropriate footwear (No Flip-Flops, sandals & excessively damaged footwear)
 - (i) Ensure footwear is reasonably clean-
 - (ii) Ensure footwear is securely fastened and fit for purpose

4.5 Following Club Etiquette is also vital for ensuring the safety and limiting the risks of injury to our members, please refer to 1.0 of this document.

4.6 If serious injury occurs the session must stop immediately and the responsible first aider must deal with the situation. The session may continue if:

- (1) The injury has been dealt with in a reasonable manner
- (2) The injury is prevented or eliminated
- (3) The injured member is able to continue at their own risk

4.7 Serious injuries including serious bleeding, head injuries, respiratory & cardiovascular problems and bone breakage must result in the leading first aider to call emergency services. The first aider must stay and support the member until the ambulance arrives.

4.8 Any club session may be immediately cancelled if:

- (1) The injury is serious and may be upsetting to other members
- (2) The same injury occurs with multiple members in one session
- (3) Hazards within the sports hall become too severe meaning the risk of injury is high
- (4) The number of members attending the session goes beyond the capacity of the sports hall

5.0 Hydration and nutrition

5.1 We advise all our members when partaking in our sessions that you must keep hydrated. At all our sessions members are given the opportunity for water breaks especially at our more intense sessions.

- (A) The school provides free use of a water fountain which can be found in the entrance towards the sports hall.
- (B) Trowbridge Basketball club takes no responsibility for serious cases of dehydration as adequate sources are provided. Therefore it's at the member's interest to ensure they keep hydrated when it's required.
- (C) Any member has the right to take a break at any time during our club sessions if they feel the effects of dehydration.

5.2 we advise all our members to allow a few hours between meals and a basketball session. Eating within the same hour could cause stomach cramps or in some cases sickness. It's always recommended to eat after a sporting activity to replenish lost nutrients & sugars.

6.0 Club Sessions

6.1 The club may advertise other sessions however will not be responsible for the running of these sessions. The Clubs policies & Regulations only apply to the sessions that we run.

- (A) At Trowbridge Basketball Club we want to offer as many different sessions as possible to our members. Every club member is welcome to attend any session that we deliver so long as they meet the requirements for that particular session. For example minimum age of 16+ for Sunday scrimmages. We believe in limiting the requirements so we can cater for as many individuals as possible.
- (B) All sessions that will be led by the club for 2022/2023 include;
 - Sunday scrimmages
 - TBL team training

- Juniors Mon, Wed & Thur
- WEBBA Men's
- WEBBA Women's
- Seasonal events such 3x3 and Annual Vince Marriott event
- TBL

(C) All sessions are delivered by a session leader or coach in a safe and fun environment. Please refer to our Club code of conduct.

(D) Coaches are confirmed by the acting committee at the start of each season.

(E) All sessions have a designated start and finish time. These times must be followed. Players may arrive early to change and prepare for the session ahead.

(F) All sessions are started promptly by the session leader. Sessions will end generally when the caretaker arrives to close the hall. When this happens all players must leave as quickly as possible.

6.2 Ensure you have all your belongings when you leave the sports hall. The caretaker will gather any items he finds and will take them to lost property however nor the school or club take responsibility for any lost items.

7.0 Club Fees

7.1 The Club always aims to provide the best affordable basketball to its members. However prices may vary from year to year due to inflation and changes.

(A) At each Club session there will be a designated cash Collector, usually the Coach. We are in 2022 so we are limiting cash as much as possible and want our members to support us in this by avoiding cash. Coaches and session leaders may be responsible for collecting the fees from members attending our sessions.

(B) Rules regarding our fees are as follows :

1. Fees must be paid before you are able to play in any circumstance.
2. We can not currently accept card payments at our sessions.
3. You may pay via our website, cash and PayPal however this must be done before you can play.
4. First session is free for all new members of the club.
5. All members must pay a senior or junior fee to the Club this includes your BE player licence currently £16 plus for seniors and it also includes registration into our TBL. Your membership will also give you access to member discounts. .
6. Some of our sessions may offer monthly memberships via our website. You can sign up and cancel this at any time.

8.0 Required Information

8.1 Each year all players attending our sessions must provide relevant contact details (including medical info & declaration). These details are required in order to complete your membership to the Club. You will not need to complete the same form to play in our TBL.

- (A) All information is stored safely and securely in line with data protection laws. A member's information can only be stored for one season and must be updated yearly.
- (B) If a member has been inactive for a year or more their details are removed from our records.
- (C) Members must notify the secretary of any changes to contact information and importantly any medical information that may change.
- (D) Contact details may be used in case of emergency. No member of the committee has the right to exchange any personal information to other members without your consent to do so.

8.2 Consent Forms. Parental consent is required for anyone under 16 attending our Club sessions, thus primarily required for our Junior sessions. The consent must be given before your child is to play in our Club. Consent forms can be found on our website or given upon request at our club sessions.

9.0 Club Membership

For the upcoming season 2022/3 we have introduced a new Club membership. Club membership is required to play in any of our sessions at the Club excluding scrimmage sessions. Membership covers the cost of BE licences (£16 at senior), TBL registration and will include member benefits. All members that are not actively playing in a League will still be encouraged to sign-up with Basketball England (it's free) as this will increase the Club's funding opportunities. Basketball England will truly be able to see how many members we actually have here at our Club.

Senior Membership - £20

Junior Membership - £10

Member benefits currently include discounted Gym membership at Snap fitness Trowbridge.

More to come!

10.0 Club Pricing

We truly want to offer as many services to our members at an affordable and accessible cost. This is why we are sharing with you a basic outline of our pricing.

Expenses	Prices
£35 PH - Sports Hall	WEBBA Player Membership £30 a month
Table officials - £10 a game	Sunday scrimmage £5 PP Members £15 a month
£25 a night (TBL) £25 a game (WEBBA) £5 Unqualified	TBL game fee £40 a team
Junior £20 Lead Coaches £13 Assistant Coaches	TBL Team training £5 PP
Webba Coaches Lead gets FREE Player & Club membership Assistants get FREE Club membership	Juniors averages £5 PS paid per programme
	Club membership £20 Senior £10 Junior

Any money made from fees and prices as profit is used to develop our staff including training, provide more equipment, update first aid, run free events and promote and advertise the club (Website fees and ads).

11.0 Other documents of interest

We have a separate document for TBL League rules. If you are planning to join our TBL please read this document. It outlines the structure of the League and will help guide you on the recruitment process.

You can find all our Membership forms including declaration and first aid (ParQ) plus all other important documentation on our website via www.TrowbridgebasketballWiltshire.co.uk

This document was last edited By Adam Storey on the 12/06/2022 at 09:48

If you have any further questions do not hesitate to email us at Trowbridgebasketball@gmail.com