

UL Wolves Powerlifting Club

Safety Statement

The UL Wolves Powerlifting Club is committed to providing and maintaining, so far as is reasonably practicable, a safe and healthy environment for all members, coaches, volunteers, officials, and spectators participating in club activities.

The club recognises its duty of care to minimise risk and promote safe participation in all training sessions, competitions, events, and related activities conducted under the club's supervision.

To achieve this, the club will:

- Maintain training and competition environments in a safe and orderly condition;
- Ensure that all equipment used is appropriate, regularly inspected, and safely stored when not in use;
- Promote correct lifting technique and safe training practices at all times;
- Ensure suitable supervision is present during organised club activities;
- Provide appropriate emergency procedures and access to first aid provisions;
- Conduct risk assessments for club events and activities where required;
- Encourage all members to report hazards, injuries, incidents, or unsafe behaviour immediately to a committee member or coach;
- Comply with all relevant University of Limerick policies, facility regulations, and governing body safety (Irish Powerlifting Federation) requirements.
- Ensure a risk assessment is completed prior to any event or use of a new venue.

All members and participants are expected to:

- Take reasonable care for their own health and safety and that of others;
- Follow instructions provided by coaches, committee members, and event officials;
- Use equipment responsibly and only for its intended purpose;
- Refrain from training while injured, unwell, or under the influence of alcohol or drugs;
- Wear appropriate clothing and footwear during training and competition activities.

The club is committed to fostering a culture of safety, respect, inclusion, and accountability to ensure that all participants can train and compete in a supportive and secure environment.

This statement will be reviewed periodically by the club committee and updated where necessary in line with best practice and governing body requirements.

Signed: Barry Walsh

Club Treasurer/Former Health and Safety officer

Date: 25/5/2026

