

Welfare



24/25

Teams & Leagues

OUHC is a huge club, with four men's teams and four women's teams, as well as an academy. The men's teams are: Men's Blues (MBs); Occasionals (Os); Infrequents (Ians); and Sporadics (Spos). Our women's teams are: Women's Blues (WBs); Radicals (Rads); Mavericks (Maus); and Renegades (Rens). The top six teams (MBs, WBs, Os, Rads, Ians & Maus) play on Saturdays and Wednesdays, where the other two (Spos & Rens) play on Saturdays only. Saturdays are local England Hockey league matches, and Wednesdays are university BUCS league matches. The captains of each team can be found on the committee page of the website (linked below), and anyone in committee can contact them.

Committee & Welfare

We have a large committee, led by the President (Clare), Secretary (Toby), and Treasurer (Joe). If you feel comfortable, then any issues can be brought to **Clare McFall**, or your team captain. Alternatively, and specifically with regard to welfare issues, we have two committee members dedicated to looking out for the rest of the club. They are **John Lyon** and **Eilidh Quinn**, who will be very happy to help with anything that they can. Please do not hesitate to go to them and ask for some help or advice. For non-welfare questions, the rest of the committee have their own roles, and are happy to chat. Interested in umpiring? Chat to Alex Mann. Worried about subs payments? Speak to Joe Haslehurst, etc.

Commitments: Work, Hockey, Socials

Depending on your team, you will be expected to turn up for trainings and matches where possible. However, Oxford is a busy place to exist, and life finds ways of being difficult, as do tutors. If for whatever reason you do not feel comfortable coming to any training session, match, or event, then you do not have to. **If you feel pressured unfairly or unpleasantly by anybody in the club, then please contact John, Eilidh, Clare or your captain.** We are all happy to help. All of this being said, organising the club can be stressful, so please make an effort to contact your captain (or relevant organiser) and let them know that you will not be attending something unusually if you're expected.

OUHC is a very social club, and as well as weekly outings organised by social secretaries, there are larger events throughout the year (e.g. Club Christmas Dinner). These are all great fun, but **no social event is mandatory**, and if you feel uncomfortably pressured into attending something you rather would not, please speak to us. If you have questions about an event, speak to your social secretaries or John/Eilidh.

Furthermore, there will always be **designated Sober Angels** at any OUHC event with alcohol, who are there to help if there are issues. Check the facebook each week to know who these are, as they rotate between teams! Finally, OUHC will reimburse (provided a receipt) **50% of a taxi fare back** to your accommodation if its necessary. Do not hesitate to make use of this scheme, but please do not misuse it.

Behaviour & Safety

Hockey can be dangerous, and you should always be careful of your teammates, coaches, umpires, etc. Do not do anything stupid, and do not let anger or annoyance get the better of you when at training or a match. Not only does this reflect badly on the club, but you may well be banned from playing hockey at OUHC or by England Hockey for unacceptable behaviour. Please don't let this be you—it really isn't worth it. Any acts of misconduct will be taken very seriously by the committee, as well as the University if necessary.

Similarly, whilst social events are a time to relax and have fun, **not all judgement should escape you**. There are plenty of great drinking rules, games etc., but be careful not to overdo it. As mentioned, if you feel uncomfortable with something being asked of you, **you do not need to do anything**, and you can speak to any of us on the committee. Furthermore, do not tarnish the club's or your own reputation by stealing, vandalising, breaking the rules of somewhere hosting OUHC, or by being inappropriate to your fellow hockey players and/or public. Should all reasonable judgement escape somebody that you know, please let someone know what has happened right away. If you are worried about somebody, then see below. Remember that although socials can get rowdy, there must be limits, the law still applies, and you exist among other people than yourselves. Please act with respect and mindfulness.

Finally, be aware that others may not treat you as they should. Be careful not to get involved in anything you don't want to be doing, and stay with others if you feel unsafe. Importantly, be aware of drink **spiking**—it is, unfortunately, not all that uncommon for people to have their drinks tampered with unknowingly. This can be very dangerous, and even if just more alcohol, is a serious crime. **Do not ever mess with somebody's drink**. If you think that somebody has been spiked, tell a member of staff, stay with that person, and find others to help you. Do not let them go with somebody that they do not know. **Do not leave your drink unattended**, do not accept drinks from strangers, stick with friends, and avoid drinking so much that you lose your judgement.

If you have a concern

Please do not hesitate to speak to anybody that you feel comfortable with. Similarly, you need not contact somebody on the committee if you do not feel comfortable with them.

Linked on the right is a google document where you can submit an **anonymous** form. Do not use this for jokes, as everything that is submitted will be taken seriously and given very high priority. If you are concerned about somebody else, or yourself, then please make use of this. It will go directly to John & Eilidh, who will then deal with it as appropriate.

We cannot help with anything that we do not know about, so please let somebody know if there is a problem. If you don't want to share details, then just say to somebody trustworthy that there is an issue.

Contacts

- **John Lyon** (Welfare)
07490 981989 (urgent issues)
Facebook Messenger / Email
- **Eilidh Quinn** (Welfare)
07923 129173 (urgent issues)
Facebook Messenger / Email
- **Anonymous Google Form**
<https://forms.gle/zoqDsxji68rEZ6C98>
- **Oxford University Counselling**
counselling@admin.ox.ac.uk
- **OU Sexual Violence & Harassment**
supportservice@admin.ox.ac.uk
(details not needed for help)
- **Oxford Nightline**
01865 270270
(8am–8pm, 0th–9th Weeks)
- **The Samaritans**
116 123 (General number)
01865 722122 (Oxford branch)