

**2024-25**

## **Constitution of Students' Union UCL**

### **Barbell Club**

#### **1. Name**

- 1.1. The name of the club/society shall be Students' Union UCL Barbell Club. ("the club").
- 1.2. The society shall be affiliated to Students' Union UCL. ("SU UCL").
- 1.3. All members of the club are party and subject to the club's constitution ("the constitution").
- 1.4. The defined terms and all of their derivations are as follows:
  - 1.4.1. University College London ("UCL") is the college which the club represents.
  - 1.4.2. One is only a member of the club once "fully registered" by paying the subscription fee.
  - 1.4.3. "The Committee" are the elected fully registered members of the club responsible for the running and administration of the club.
  - 1.4.4. The Annual General Meeting ("AGM") is the yearly convention of all fully registered members to elect the Committee for the following year and attend to any other club matters. Quoracy is set at 15% or ten, whichever is the greater number. If this limit is not reached, no decision reached by the meeting will be concrete until it has been ratified by UCLU Activities Board.
  - 1.4.5. Extraordinary General Meetings ("EGMs") refers to meetings of the club in addition to the AGM. These are held at any point during the year, as necessary. Quoracy is set at 15% or ten, whichever is the greater number. If this limit is not reached, no decision reached by the meeting will be concrete until it has been ratified by UCLU Activities Board.
  - 1.4.6. "Strength Sports" shall encompass, but is not limited to, Powerlifting, Weightlifting, Bodybuilding, Strongman, Crossfit and casual gym training.

#### **2. Statement of Intent**

- 2.1. The constitution, regulations, management and conduct of the society shall abide by all Students' Union UCL Policy and shall be bound by the Students' Union UCL Memorandum & Articles of

Association, Byelaws, Club and Society Regulations and the Club and Society Procedures and Guidance - laid out in 'how to guides'.

- 2.2. The club/society stresses that it abides by Students' Union UCL Equal Opportunities Policies, and that club/society regulations pertaining to membership of the club/society or election to management of the club/society shall not contravene this policy.
- 2.3. The Club and Society Regulations can be found at the following website:  
<http://studentsunionucl.org/content/president-and-treasurer-hub/rules-and-regulations>

### 3. Committee

#### 3.1. President

- 3.1.1. The Presidents' primary role is laid out in section 5.7 of the Club and Society Regulations.
- 3.1.2. The President shall:
  - 3.1.2.1. Represent the club and uphold its constitution, while enforcing compliance with the SU UCL Club and Society regulations, Good Practise Guidelines, and Standing Orders of SU UCL.
  - 3.1.2.2. Be responsible for calling General Meetings of the club and organising proper elections for the following year's committee in accordance with the Club and Society Regulations.
  - 3.1.2.3. Be the primary point of communication between the SU UCL and the club members.
  - 3.1.2.4. Ensure good communication between all members of the Committee and the rest of the club.
  - 3.1.2.5. Organise and chair meetings of the Committee.
  - 3.1.2.6. Ensure that committee members are involved and committed to the efficient management of the club.
  - 3.1.2.7. Identify and encourage members to actively participate in committee roles both in the year of office and the following season.
  - 3.1.2.8. Guide the day-to-day running of the club.
  - 3.1.2.9. Ensure that the club has adequate coaching and equipment in order to comply with the club's aims stated in the constitution.
  - 3.1.2.10. Instruct the Committee of their duties.
  - 3.1.2.11. Be the main coaching coordinator, assigning members to relevant coaches.
  - 3.1.2.12. Abide by section 5.7 of the Club and Society Regulations.

### 3.2. Treasurer

3.2.1. The treasurer's primary role is laid out in section 5.8 of the Club and Society Regulations.

3.2.2. The treasurer shall:

3.2.2.1. Carry out the day-to-day financial duties of the club and is responsible to SU UCL for the club's finances.

3.2.2.2. Keep current accurate financial information. The Treasurer is responsible for all financial transactions of the club, ensuring that these are made through the SU UCL Finance Department. Only the Treasurer, or in their absence the President, may authorise withdrawals or expenditure from the club accounts.

3.2.2.3. Bank all cheques for the club within a week of receiving them.

3.2.2.4. Abide by section 5.8 of the Club and Society Regulations.

### 3.3. Powerlifting Captain

3.3.1. The Powerlifting Captain shall:

3.3.1.1. Attend and organize Powerlifting training sessions in conjunction with the coach and president.

3.3.1.2. Liaise with the Coach regarding all matters, except the payment where they shall defer to the treasurer.

3.3.1.3. Attend the relevant ULU and SU UCL training sessions for Captains.

3.3.1.4. Be responsible for ensuring club entries into Powerlifting and/or other strength sports competitions.

3.3.1.5. Be responsible for ensuring that the club is correctly affiliated with its NGBs.

3.3.1.6. For powerlifting this shall be IPF, GBPF, British Powerlifting and their affiliates.

### 3.4. Weightlifting Captain

3.4.1. The Weightlifting Captain shall:

3.4.1.1. Attend and organize Weightlifting training sessions in conjunction with the coach and president.

3.4.1.2. Liaise with the Coach regarding all matters, except the payment where they shall defer to the treasurer.

3.4.1.3. Attend the relevant ULU and SU UCL training sessions for Captains.

3.4.1.4. Be responsible for ensuring club entries into Weightlifting and/or other strength sports competitions.

- 3.4.1.5. Be responsible for ensuring that the club is correctly affiliated with its NGBs.
- 3.4.1.6. For weightlifting this shall be British Weightlifting and their affiliates.
- 3.5. Secretary
  - 3.5.1. The Secretary shall:
    - 3.5.1.1. Manage the club's social media accounts this includes:
      - 3.5.1.2. Posting about and advertising club activities
      - 3.5.1.3. Communicating with members and potential members and answering any queries
      - 3.5.1.4. Ensuring all posts are in line with the values of both the club and the Union
      - 3.5.1.5. Regularly updating the social media accounts
      - 3.5.1.6. Manage the committee google drive
      - 3.5.1.7. Ensure all communication to and from members is appropriate and in line with club and Union values
- 3.6. Social Secretary
  - 3.6.1. The Social Secretary shall:
    - 3.6.1.1. Create a good atmosphere throughout the club, including all players regardless of team, year or ability and ensure that players enjoy being members of the club.
    - 3.6.1.2. Arrange the stall for Welcome Fair.
    - 3.6.1.3. Organise social events at least half-termly.
    - 3.6.1.4. Work to help integrate the club into the SU UCL Sports social community.
    - 3.6.1.5. Also act as the Welfare Officer if this role is not filled.
- 3.7. Welfare Officer
  - 3.7.1. The Welfare Officers' primary role is laid out in section 5.9 of the Club and Society Regulations.
  - 3.7.2. The Welfare and Community Outreach officer shall:
    - 3.7.2.1. Encourage members to join and interact with the society at every level no matter the background, ability, requirements or beliefs of that individual.
    - 3.7.2.2. Discover and create networks for (but not exclusive to): Postgraduate students, mature students, Black, Asian and Minority Ethnic Students, Students with disabilities, Beginners.
    - 3.7.2.3. Determine, organise and run projects bespoke to the minority demographic of the society/club.

- 3.7.2.4. Collecting accessibility data and creation of the respective networks should involve speaking to and surveying the membership base, including presenting room for opportunity at the Welcome Fair and throughout the year to prospective members. The information should be recorded and collated on an excel sheet or similar means.
- 3.7.2.5. Encourage and seek collaboration with both the Union and/or other clubs/societies through the respective Welfare Officers and understanding the support and funding available.
- 3.7.2.6. Inform and encourage engagement of members to relevant and/or appropriate Union campaigns.
- 3.7.2.7. Encourage and seek collaboration with both the Union and/or other clubs/societies through the respective Welfare Officers and understanding the support and funding available.
- 3.7.2.8. Signpost effectively to advice and support services available for the physical and mental well-being of your members.
- 3.7.2.9. Act as a communication channel for students with additional needs or who have barriers to entry to involvement in that club/society.
- 3.7.2.10. The representative is NOT expected to offer solutions or direct advice if personal cases arise.
- 3.7.2.11. Attend training (in collaboration with The Advice Service), in how and where to signpost, complaints and grievance procedures and services and support available from The Union and UCL.
- 3.7.2.12. Supply the committee or society/club with a list of opportunities from the VSU or find and create a (or more) volunteering opportunity most appropriate to the club/society
- 3.7.2.13. Support club volunteering at Greater London Powerlifting Championships, hosted at Bethnal Green Weightlifting Club, and ensure the club gets advanced entry into competitions that matches the club's volunteer contributions.
- 3.7.2.14. Govern the logistics such as rota for each volunteering project.
- 3.7.2.15. Promote volunteering, particularly at Bethnal Green Weightlifting Club, through social media.
- 3.7.2.16. Measure and record the volunteering hours and individuals from the soc/club liaising with the VSU.

- 3.7.2.17. Submit applications for Union awards for volunteering on behalf of the club/society and its' members.
- 3.8. Kit Officer
  - 3.8.1. The Kit Officer shall:
    - 3.8.1.1. Coordinates the design of club kit and apparel and with the aid of the treasurer, proposes and procures them for the club members.
    - 3.8.1.2. Ensures that equipment in club inventory is maintained, club storage is organised and club members storage cage is kept organised.
    - 3.8.1.3. Coordinate orders for competition approved apparel and equipment
      - 3.10.3.1 Coordinate the rental of club competition kit to members and ensure all kit is returned and maintained.
    - 3.8.1.4. Replace old kit and work with president to ensure club has sufficient equipment for activities.
- 3.9. Management of the club/society shall be vested in the club/society committee which will endeavour to meet regularly during term time (excluding UCL reading weeks) to organise and evaluate club/society activities.
- 3.10. The committee members shall perform the roles as described in section 5 of the Students' Union UCL Club and Society Regulations.
- 3.11. Committee members are elected to represent the interests and well-being of club/society members and are accountable to their members. If club/society members are not satisfied by the performance of their representative officers, they may call for a motion of no-confidence in line with the Students' Union UCL Club and Society Regulations.

#### 4. Terms, Aims and Objectives

- 4.1. The club/society shall hold the following as its aims and objectives.
- 4.2. The club/society shall strive to fulfil these aims and objectives in the course of the academic year as its commitment to its membership.
- 4.3. The core activities of the club/society shall be:
  - 4.3.1 The provision of taster sessions to involve newcomers in strength sports.
  - 4.3.2 The provision of training sessions for members.
  - 4.3.3 The provision of coaching and programming for competitive members.
  - 4.3.4 The provision of adequate competitive opportunities for members.

- 4.3.5 The provision of socials and casual training for less competitive members.
- 4.4 In addition, the club/society shall also strive to organise other activities for its members where possible:
- 4.4.1 To develop further links with the SU UCL community through inter-sports initiatives.
- 4.4.2 To ensure we are as accessible as possible by ascribing to initiatives such as zero-tolerance and pride in sport.
- 4.5 This constitution shall be binding on the club/society officers and shall only be altered by consent of two-thirds majority of the full members present at a club/society general meeting. The Activities Executive shall approve any such alterations.
- 4.6 This constitution has been approved and accepted as the Constitution for the Students' Union UCL Barbell Club. By signing this document, the President and Treasurer have declared that they have read and abide by the Students' Union UCL Club and Society Regulations.

President	Name: Emma Low
	Signature: Emma Low
	Date: 27.06.2024
Treasurer	Name: Douwejan Yoong
	Signature: Douwejan Yoong
	Date: 27.06.2024