

Athletics Risk Management Plan: Westfields Sports High School

Name of school: Westfields Sports High School

Name of principal: Mr A Rogers

Director of Sport: Mrs J Kenny

Athletics Coaches: Mr D Suchy, Mr B Matheson, Ms S Dickson, Mr D Knowles, Mr R White

Group/class: Students in the athletics talented sport program

Risk Assessment Focus: Safe and effective programs for all students in the athletics talented sports program.

Task/Activity	Hazard Identification & Associated Risk Type/Cause	Assess Risk* use matrix	Elimination or Control Measures	Assess Risk* post elim.	Who	When
Students changing in to practical gear for athletics training	- Hygiene / Illness	4	<ul style="list-style-type: none"> - Change rooms cleaned daily, hygiene practiced taught & encouraged - Change rooms monitored for damage - Single sex change rooms 	6	Sport coaches	Prior to / and after training
	- Injury to student	5	<ul style="list-style-type: none"> - Access to showers - Staff nearby and to announce when / if entering 	6		
Athletics Training - general	- Injury to student/s including		<ul style="list-style-type: none"> - Warm up & stretching are essential prior to all training & competition - Explanation & Modelling of correct athletics techniques 		Sport coaches	During Training
	• Cuts & Abrasions	5	<ul style="list-style-type: none"> - Question & Answer session on athletics skills, techniques & injuries 	6	Students	
	• Bruising	5	<ul style="list-style-type: none"> - Students are instructed to wear sports shoes 	6		
	• Asthma	5	<ul style="list-style-type: none"> - Clothing should not restrict movement or hamper students in any way 	6		
• Broken Limbs	5	<ul style="list-style-type: none"> - Individual programs based on age & sequential development - Teacher works with other coaching staff to develop individualised programs for their athletes - Supervision of students whilst undertaking tasks - Staff with knowledge of first aid and /or first aid qualifications - A well equipped medical kit with Epipen available 	6			

Supervision of Students - general	- Student Safety	2	<ul style="list-style-type: none"> - Police check - Prohibited Persons Declaration - Appropriate S & C Qualifications and/or Expertise - Emergency Care & Anaphylaxis Training - Child Protection Training - Code of Conduct - Principal & Director of Sport to oversee program & facility 	6	Sport coaches	Prior / during & after training
	- Injury to student/s including		<ul style="list-style-type: none"> - Teacher / coaches regularly assist the S&C Coach - Principal & Director of Sport to oversee program & facility 			
	• Cuts & Abrasions	5	- Written Parental Permission for inclusion in athletics events	6		
	• Bruising	5	- Questionnaire to be completed prior to athletics training	6		
	• Asthma	5	- Equipment must be appropriately sized, modified or weighted to match ability & strength levels of students & checked by students prior to use;	6		
	• Broken Limbs	5	students instructed that equipment must not be used without supervision; equipment awaiting use must be supervised	6		
	• Dehydration	5		6		
	• Anaphylaxis	4	<ul style="list-style-type: none"> - Clothing should not restrict movement or hamper students in any way - Students are instructed to wear sports shoes, or as appropriate, running, throwing or jumping spikes; where using spikes is permitted, students are instructed to take extreme care to avoid spike injuries - The throwing area must be of adequate width & length to contain the implements thrown; All throwing takes place in one direction; students instructed to walk to retrieve implements after the all clear is given; the implement is returned by carrying - Explanation & Modelling of correct athletics techniques - Staff to cease activity at any sign of tiredness or fatigued - Students are to be instructed to use adequate sun protection, e.g. SPF30+ broad spectrum, water resistant sunscreen reapplied regularly, and a hat where appropriate. - Students are instructed to consume water prior to & during sessions - A well equipped medical kit with EpiPen available - Ice available for treatment of injuries 	6		

<p>Supervision of Students – High Jump</p>	<p>- Student Safety</p>	<p>5</p>	<ul style="list-style-type: none"> - Ensure that where the landing area consists of several mats, they are held firmly together with straps or ties and the whole area is covered with a one piece overlay - Ensure mats are carried by handles at the side and not carried aloft on backs, shoulders or head - Ensure run-up and take-off areas are level, dry and free from slippery material - Specific take-off points should be identified and insisted upon to avoid landing off the mats - Triangular bars must not be used at all. Circular fibreglass bars are recommended for competition - To ensure high jump bars do not carry onto the landing mats, it is recommended that looped straps are used - The high jump bar must be removed from the competition area when not in actual use for supervised pre-competition warm-ups and actual competition - The high jump uprights must be sufficiently stable to avoid falling on to the mats during the course of a jump 	<p>6</p>	<p>Sport coaches</p>	<p>Prior / during & after training</p>
<p>Supervision of Students – Long / Triple Jump</p>	<p>- Student Safety</p>	<p>5</p>	<ul style="list-style-type: none"> - Rake landing pits before any jumping takes place. Any solid or sharp objects must be removed - Ensure the take-off board is clearly visible (and preferably painted white), flat and level with the ground surface - Steel or wooden markers are not to be used to note distances either adjacent to or in the landing pit. Coloured strips of a flat flexible material are suggested to indicate distances achieved by participants - Ensure the approach area is clearly defined and kept free from any obstructions - Ensure jumping takes place from one direction only - Rake pit after each jump to ensure a level landing surface - Ensure rakes, forks and shovels are not left unattended in, or beside, the jumping area - Ensure the depth of sand is appropriate for competition in all age groups and that the depth of the sand is consistent in all areas of the pit - The triple jump is not recommended for students with a history of ankle or knee injuries. 	<p>6</p>	<p>Sport coaches</p>	<p>Prior / during & after training</p>

<p>Supervision of Students – Shot Put</p>	<p>- Student Safety</p>	<p>5</p>	<ul style="list-style-type: none"> - Transport shots in sturdy containers and give due consideration to limiting the total mass - Ensure students are in line, adequately spaced, and all throwing occurs in the one direction when instructing groups in the standing throw and linear glide techniques - A qualified athletics instructor should only carry out the rotational throwing technique. For group instruction in the rotational throwing technique : ensure the turn is practiced with modified equipment or without a shot; where the shot is to be thrown using the turn, ensure only one individual throws at a time; where throwing takes place, ensure that other students are behind protective cages or barriers and well clear of the wire - Where a protective cage or barrier is unavailable, ensure other students are at least 10 metres behind and to the non-throwing side. 	<p>6</p>	<p>Sport coaches</p>	<p>Prior / during & after training</p>
<p>Supervision of Students – Discus</p>	<p>- Student Safety</p>	<p>5</p>	<ul style="list-style-type: none"> - Check discus & withdraw from use those with cracked rims or loose centre screws - For group instruction in the standing throw ensure : throwers are at least five (5) metres apart; left-handed throwers are placed on the left side of the group; - For group instruction in the turning throw : ensure the turn is practiced with modified equipment or without a discus; where a discus is to be thrown using the turn, ensure that only one individual throws at a time; where throwing takes place, ensure other students are behind protective cages or barriers and well clear of the protective wire, where a protective cage or barrier is unavailable, ensure that other students are at least twenty (20) metres behind and to the non-throwing side - Ensure discuses being returned to the throwing area are carried not rolled. 	<p>6</p>	<p>Sport coaches</p>	<p>Prior / during & after training</p>
<p>Supervision of Students – Javelin</p>	<p>- Student Safety</p>	<p>5</p>	<ul style="list-style-type: none"> - Ensure javelins are carried by the grip and in a vertical position with the tail up, except when the thrower has entered the specific approach area and is preparing to throw - Forbid running with the javelin except when preparing to throw - Forbid running to retrieve a javelin to prevent running into the tail end of a javelin - Instruct students to place one hand over the tail end of the javelin before attempting to twist it from the ground - Instruct students to place one hand over the tip of the tail end when picking up a javelin lying flat on the ground. This hand should be kept in place until the tail end is raised above head height as the javelin is lifted into the vertical position - Ensure javelins being returned to the throwing area are carried - Assemble other students at least 10 metres behind and to one side of the marked approach and delivery area - Ensure javelins are not thrown under or near power lines. 	<p>6</p>	<p>Sport coaches</p>	<p>Prior / during & after training</p>

<p>Supervision of Students – Hammer</p>	<p>- Student Safety</p>	<p>5</p>	<ul style="list-style-type: none"> - Because of the high release velocities and relative unpredictability of the hammer flight path, ensure that the teaching or coaching with actual hammers is undertaken only where a proper hammer cage is available. A protective cage should also be used when teaching with improvised equipment - A glove must be worn when throwing - Ensure non-participants remain outside and behind the cage, well clear of the wire - Ensure hammers being returned to the throwing area are dragged not carried - Change wire regularly to avoid metal fatigue - Make regular wire checks to ensure that the wire is secure at the handle and swivel end of the hammer head. 	<p>6</p>	<p>Sport coaches</p>	<p>Prior / during & after training</p>
<p>Supervision of Students – Sprints / Hurdles / Relays</p>	<p>- Student Safety</p>	<p>5</p>	<ul style="list-style-type: none"> - Students should run in lanes wherever possible - Ensure students are aware of the potential dangers regarding the use of spikes - Ensure hurdle weights are not placed too far from the base of the upright for the height of the hurdle - Instruct students that hurdling must take place only in the direction for which the hurdles are designed to fall - Ensure hurdles used for training beginners and primary school students are of light-weight construction - Ensure hurdle heights and spacing are set to facilitate learning of the correct technique. - For 4x100m events, instruct students to stay in their lanes during baton changes and for a safe period afterwards. For 4x400m relays, this applies to the first change only - Ensure relay changeover areas are supervised at all times during competition - Ensure all batons are made of lightweight material such as aluminum and are regulation size. 	<p>6</p>	<p>Sport coaches</p>	<p>Prior / during & after training</p>
<p>Rehabilitation</p>	<p>- Injury to student/s</p>	<p>2</p>	<ul style="list-style-type: none"> - Any complaint of pain, tenderness, limitation of movement or disability should promptly be referred to qualified sports medicine professional for management - Consultation with Physiotherapist - Modified Athletics Program 	<p>6</p>	<p>Sport coaches</p>	<p>Prior / during & after training</p>

Athletics Facilities & Equipment	- Injury to student/s	2	<ul style="list-style-type: none"> - Running surfaces must be level & firm to avoid foot & ankle injuries; running on hard surfaces should be avoided - Finishing tapes must not be used in sprint events; students should run in lanes wherever possible - Sand pits must be raked & checked for foreign materials prior to commencement of activity, the outer pit should be level with the ground - Landing & take off areas must be maintained for jumps events - Protective cages or improvised barriers are recommended when using the turn in throws events; the throwing sector area, approach & launch areas must be marked with highly visible markers to prevent access by non-participants; the approach & launch area must be dry & free of any loose materials 	6	Sport coaches	Prior / during & after training
	- Damage to equipment	5	<ul style="list-style-type: none"> - Equipment must be regularly checked & maintained - Equipment must be stored so that unauthorised use is prevented 	6		

Venue and safety information reviewed and attached: Yes

Plan prepared by: J Kenny

Position: Director of Sport

Date: 5 March, 2019

Prepared in consultation with: D Suchy

Position: Athletics Director

Communicated to: Teachers, coaches and parent/carers

Monitor and Review – Monitor the effectiveness of controls and change if necessary. Review the risk assessment if an incident or significant change occurs