

## Netball 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

*Netball Coaches:* Mrs J Macdermid, Mrs T Jones, Mrs K Carneiro, Mrs K Tetley

*Group/class:* Students in the netball talented sport program

*Risk Assessment Focus:* Safe and effective programs for all students in the netball 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 netball training	- Hygiene / Illness	4	- 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	- Access to showers - Staff nearby and to announce when / if entering	6		
Netball Training	- Injury to student/s including <ul style="list-style-type: none"> <li>• Cuts &amp; Abrasions</li> <li>• Bruising</li> <li>• Asthma</li> <li>• Broken Limbs</li> </ul>	5	- Warm up / Cool down included before & after all training & competition sessions	6	Sport coaches	During Training
		5	- Explanation & Modelling of correct netball techniques	6	Students	
		5	- Question & Answer session on netball skills, techniques & injuries	6		
		5	- Coaching program based on age & sequential development	6		
		5	- Programs should incorporate training focussing on enhancing body balance, control on landing, moving forward & catching passes	6		
	2	- Incorporation of appropriate fitness activities to develop strength, coordination & flexibility, especially of muscles around the ankles & feet. - Correct footwear must be worn at all times - Sports uniform or appropriate clothing must be worn at all times - Supervision of students whilst undertaking task - Staff with knowledge of first aid and /or first aid qualifications - Well equipped medical kit with EpiPen available	6			
- Damage to / Misuse of equipment	5	- Equipment checked by student's prior to use - Equipment returned to storage at end of session	6			

Supervision of Students	<ul style="list-style-type: none"> <li>- Student Safety</li>   <li>- Injury to student/s including                             <ul style="list-style-type: none"> <li>• Cuts &amp; Abrasions</li> <li>• Bruising</li> <li>• Asthma</li> <li>• Broken Limbs</li> <li>• Dehydration</li> <li>• Anaphylaxis</li> </ul> </li> </ul>	<p>2</p> <p>5</p> <p>5</p> <p>5</p> <p>5</p> <p>5</p> <p>2</p>	<ul style="list-style-type: none"> <li>- Police check</li> <li>- Prohibited Persons Declaration</li> <li>- Appropriate Netball Coaching Qualifications and/or Expertise</li> <li>- Emergency Care &amp; Anaphylaxis Training</li> <li>- Child Protection Training</li> <li>- Code of Conduct</li> <li>- Principal &amp; Director of Sport to oversee program &amp; facility</li>   <li>- Questionnaire to be completed prior to netball training</li> <li>- Explanation &amp; Modelling of correct netball techniques</li> <li>- Coaching program based on age &amp; sequential development</li> <li>- Students must remove jewellery &amp; other ornaments likely to cause injury.</li> <li>- Students must keep fingernails short &amp; smooth.</li> <li>- Students may wear soft peak caps only, i.e. no hard peak caps allowed</li> <li>- Students should have an adequate level of hydration before, during &amp; after the training session or game</li> <li>- Qualified umpires used for inter-school competitions</li> <li>- Staff to cease activity at any sign of tiredness or fatigued</li> <li>- Well-equipped medical kit with Epipen available</li> <li>- Individual Health Care Plan for anaphylactic student</li> <li>- Should an injury occur involving bleeding these procedures should be followed : all clothing, equipment &amp; surfaces viewed as potentially infectious &amp; treated accordingly; participants who are bleeding must have wound dressed &amp; securely covered; any blood covered area must be cleaned thoroughly &amp; any blood covered clothing &amp; equipment cleaned or removed prior to participant recommencing activity.</li> <li>- 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.</li> <li>- Ice available for treatment of injuries</li> </ul>	<p>6</p> <p>6</p> <p>6</p> <p>6</p> <p>6</p> <p>6</p> <p>6</p>	Sport coaches	Prior / during & after training
Rehabilitation	<ul style="list-style-type: none"> <li>- Injury to student/s</li> </ul>	<p>2</p>	<ul style="list-style-type: none"> <li>- Student excluded wherever there is any doubt as to the extent of the injury or fitness to continue</li> <li>- Student excluded from participation until it is clear that they are fit to resume, if there is any doubt, student is not to participate until medically cleared</li> <li>- Modified Netball Program</li> </ul>	<p>6</p>	Sport coaches	Prior / during & after training

Netball Facilities	- Injury to student/s	2	- The court surface & immediate surrounds must be free of obstructions & loose objects. Avoid playing netball on slippery & gravel surfaces	6	Sport coaches	Prior / during & after training
		5	- Goal posts, portable goal posts, should be fitted securely into sleeves & should be padded (50mm thick) from the base to the ring. - Spectators must be positioned at an appropriate distance from the court during play to avoid interfering with the safe movements of players & umpires. Run off areas should be free of obstacles. - Evacuation / Lockdown Procedures are displayed	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: J Macdermid*

*Position: Netball Head Coach*

*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