

## Rugby 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

*Rugby Coaches:* Mr W Brame, Mr B Gallagher & Mr Z French

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

*Risk Assessment Focus:* Safe and effective programs for all students in the rugby 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 rugby 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		
Rugby Training	- Injury to student/s including		- Warm up / Cool down should be included before & after all training & competition sessions		Sport coaches	During Training
	• Cuts & Abrasions	5	- Explanation & modelling of correct rugby techniques; players inserviced in the "SmartRugby" Program	6	Students	
	• Bruising	5	- Question & answer session on rugby skills, techniques & injuries	6		
	• Asthma	5	- Boots that conform to the laws of the game must be worn; studs must not be longer than 21mm and must not have ridges, burring or sharp edges	6		
	• Broken Limbs	5	- Sports uniform or appropriate clothing must be worn at all times	6		
	• Lifting	2	- Mouthguards must be worn at training sessions requiring physical contact between participants, games or competitions that organised by external organisations that are school endorsed activities, all selection trials & games organised by the school, regional and/or state school sport association			
		- Students should be encouraged to wear head gear & shoulder pads approved by the IRB.				
		- Structured training & coaching program specific to the player's position & physique				
		- Staff with knowledge of first aid and /or first aid qualifications				
		- Well equipped medical kit with EpiPen available				

Supervision of Students	- Student Safety	2	<ul style="list-style-type: none"> <li>- Police check and/or current Working With Children Check</li> <li>- Prohibited Persons Declaration</li> <li>- Coaching Qualifications and/or Expertise – minimum SmartRugby</li> <li>- Accreditation details of coaches recorded by the Director of Sport</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> </ul>	6	Sport coaches	Prior / during & after training
	- Injury to student/s including		- Written parental permission to train, play at inter-school & higher representative levels			
	• Cuts & Abrasions	5	- Structured training & coaching program specific to the player’s position & physique	6		
	• Bruising	5		6		
	• Asthma	5	- Students are selected on the basis of ability & suitability to the position they are to play; students assessed as having inappropriate physique for scrimmaging are not allowed to play in these positions; care is taken to prevent students with such physiques from playing in these positions as replacements or by positional changes during the course of a game	6		
	• Broken Limbs	5		6		
	• Lifting	5		6		
• Anaphylaxis	5	<ul style="list-style-type: none"> <li>- Qualified referees used for inter-school competition</li> <li>- Well-equipped medical kit with EpiPen available</li> <li>- Matches involving students U19 must adhere to “SmartRugby” Program as advocated by ARU &amp; NSWRU</li> <li>- Matches must not exceed 70 minutes playing time with each half no longer than 35 minutes; the referee must not allow extra time in the event of a draw; maximum playing time in any one day is 90 minutes (trials, knockout, carnival, tournaments)</li> <li>- Staff with knowledge of first aid and/or first aid qualifications present at each training session &amp; all matches</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 must remove jewellery &amp; other ornaments likely to cause injury</li> <li>- Students are to be instructed to use adequate sun protection, e.g. SPF30+ broad spectrum, water resistant sunscreen reapplied regularly</li> <li>- Ice available for the treatment of injuries</li> </ul>	6			

Rehabilitation	- Injury to student/s	2	<ul style="list-style-type: none"> <li>- Students are not allowed to play or to continue to play if injured &amp; will not be allowed to return to play until it is clear that the injury has healed; if in doubt the student is not to play until medically cleared</li> <li>- Students to provide documentation from medical personnel of injury</li> <li>- Modified Rugby Program</li> </ul>	6	Sport coaches	Prior / during & after training
Rugby Facilities	- Injury to student/s	4	<ul style="list-style-type: none"> <li>- Enclosed grounds are preferred for inter-school fixtures</li> <li>- Grounds must be free of obstructions &amp; loose objects &amp; marked avoiding the use of hydrated lime</li> <li>- Appropriate padding must be used for goal posts</li> <li>- Spectators &amp; reserve players must be positioned well back from the sideline during play</li> </ul>	6	Sport coaches	Prior / during & after training

*Venue and safety information reviewed and attached: Yes*

*Plan prepared by: J Kenny*

*Position: Director of Sport*

*Date: 22 February, 2019*

*Prepared in consultation with: W Brame*

*Position: Rugby 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