

## Rugby League 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 league Coaches:* Mr W Lambkin, Mr S Hales, Mr J Alexander

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

*Risk Assessment Focus:* Safe and effective programs for all students in the rugby league 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 league training	- Hygiene / Illness	4	<ul style="list-style-type: none"> <li>- Change rooms cleaned daily, hygiene practiced taught &amp; encouraged</li> <li>- Change rooms monitored for damage</li> <li>- Single sex change rooms</li> </ul>	6	Sport coaches	Prior to / and after training
	- Injury to student	5	<ul style="list-style-type: none"> <li>- Access to showers</li> <li>- Staff nearby and to announce when / if entering</li> </ul>	6		
Rugby League Training	- Injury to student/s including		<ul style="list-style-type: none"> <li>- Warm up / Cool down should be included before &amp; after all training &amp; competition sessions</li> </ul>		Sport coaches	During Training
	• Cuts & Abrasions	5	<ul style="list-style-type: none"> <li>- Explanation &amp; modelling of correct rugby league techniques</li> </ul>	6	Students	
	• Bruising	5	<ul style="list-style-type: none"> <li>- Question &amp; answer session on rugby league skills, techniques &amp; injuries</li> </ul>	6		
	• Asthma	5	<ul style="list-style-type: none"> <li>- Correct boots that conform to the laws of the game must be worn at all times</li> </ul>	6		
	• Broken Limbs	5	<ul style="list-style-type: none"> <li>- Sports uniform or appropriate clothing must be worn at all times</li> <li>- 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 &amp; games organised by the school, regional and/or state school sport association</li> <li>- Students should be encouraged to wear Standards Australia approved head gear &amp; shoulder pads worn should be approved by the ARL</li> <li>- Structured training &amp; coaching program specific to the player's position &amp; physique</li> <li>- Matches involving students 15&amp;U must incorporate "National Safeplay Code"</li> <li>- Matches involving students 14&amp;U must retire five (5) metres from the point at which the ball is played, which is different to the normal ten (10) metres</li> <li>- Staff with knowledge of first aid and /or first aid qualifications</li> <li>- Well equipped medical kit with EpiPen available</li> </ul>	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>• Anaphylaxis</li> </ul> </li> </ul>	<p>2</p> <p>5</p> <p>5</p> <p>5</p> <p>5</p> <p>4</p>	<ul style="list-style-type: none"> <li>- Police check</li> <li>- Prohibited Persons Declaration</li> <li>- Coaching Qualifications and/or Expertise</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>   <li>- Written parental permission to train, play at inter-school &amp; higher representative levels</li> <li>- Structured training &amp; coaching program specific to the player's position &amp; physique</li> <li>- Students are selected on the basis of ability &amp; 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</li> <li>- Qualified referees used for inter-school competition</li> <li>- Well-equipped medical kit with Epipen available</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>	<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>	4	<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>- Modified Rugby League Program</li> </ul>	6	Sport coaches	Prior / during & after training

Rugby League 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
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*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: W Lambkin*

*Position: Rugby League 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