

## Strength and Conditioning 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

Strength and Conditioning Coach: Mr Tony Wignell

Group/class: Students in the talented sport programs

Risk Assessment Focus: Safe and effective strength and conditioning programs for all students in the talented sports programs

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 strength and conditioning training	- Hygiene / Illness	4	- Change rooms cleaned daily, hygiene practiced taught & encouraged	6	Sport coaches	Prior to / and after training
		5	- Change rooms monitored for damage - Single sex change rooms - Access to showers - Staff nearby and to announce when / if entering	6		
Strength 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> <li>• Lifting</li> </ul>	5	- Warm up / Cool down	6	Sport coaches  Students	During Training
		5	- Explanation & Modelling of correct S&C techniques			
		5	- Question & Answer session on S&C skills, techniques & injuries			
		5	- Students must be paired off - spotting			
		5	- Students must be aware of correct spotting techniques & procedures			
	2	- Correct footwear must be worn at all times	6			
	4	- Sports uniform or appropriate clothing must be worn at all times	6			
4	- Individual programs based on age & sequential development	6				
5	- Teacher / Coaches work with S&C Coach to develop individualised programs for their athletes Equipment checked by students prior to use					
5	- Supervision of students whilst undertaking task					
4	- Staff with knowledge of first aid and /or first aid qualifications	6				
5	- First Aid kit / equipment available					
	- Hygiene	4	- Students must carry towel to wipe equipment when finished or wipe with hospital grade disinfectant	6		
	- Damage to / Misuse of equipment	5	- Equipment checked by student's prior to use - Equipment returned to storage at end of session - floor clear of any equipment	6		

Supervision of Students	- Student Safety	2	<ul style="list-style-type: none"> <li>- Police check</li> <li>- Prohibited Persons Declaration</li> <li>- Appropriate S &amp; C Qualifications and/or Expertise</li> <li>- Emergency Care</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	5	- Instructor to Student Ratio must not exceed 1:20	6		
	• Cuts & Abrasions	5	- Written Parental Permission for inclusion in S&C training	6		
	• Bruising	5	- Pre Activity Readiness Questionnaire to be completed prior to S&C training	6		
	• Asthma	5	- Student Sign in before each S&C session	6		
• Broken Limbs	5	- Explanation & Modelling of correct S&C techniques	6			
• Lifting	2	- Staff monitor & ensure that good lifting position, back management technique & correct breathing technique during activities	6			
			- Staff to cease activity at any sign of tiredness or fatigued			
			- First Aid Kit available in building			
			- Teacher / coaches regularly assist the S&C Coach			
			- Principal & Director of Sport to oversee program & facility			
	- Damage to / Misuse of equipment	5	<ul style="list-style-type: none"> <li>- Explanation &amp; Modelling of correct S&amp;C techniques</li> <li>- Teacher / coaches regularly assist the S&amp;C Coach</li> <li>- Principal &amp; Director of Sport to oversee program &amp; facility</li> <li>- Code of Conduct</li> </ul>	6		
	- Hygiene	4	- Explanation & Modelling of correct hygiene procedures	6		
Rehabilitation	- Injury to student/s	2	<ul style="list-style-type: none"> <li>- Students to provide documentation from medical personnel</li> <li>- Modified S&amp;C Program</li> </ul>	6	Sport coaches	Prior / during & after training
S&C Facility Maintenance	- Injury to student/s	2	- S&C facility is cleaned daily	6	Sport coaches	Prior / during & after training
	- Damage to equipment	5	<ul style="list-style-type: none"> <li>- Equipment checked regularly</li> <li>- Equipment returned to storage at end of session - floor clear of any equipment</li> <li>- Evacuation / Lockdown Procedures are displayed</li> </ul>	6		

*Venue and safety information reviewed and attached: Yes*

*Plan prepared by: J Kenny*

*Position: Director of Sport*

*Date: 20 February, 2019*

*Prepared in consultation with: T Wignell*

*Position: Strength and Conditioning 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