

Strength and Conditioning Risk Management Plan: Westfields Sports High School

Name of school: Westfields Sports High School

Name of principal: Mr R Davis

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 | - Hygeine / 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 | | |
| Strength Training | - Injury to student/s including <ul style="list-style-type: none"> • Cuts & Abrasions • Bruising • Asthma • Broken Limbs • Lifting | 5 | - Warm up / Cool down | | Sport coaches | During Training |
| | | 5 | - Explanation & Modelling of correct S&C techniques | 6 | Students | |
| | | 5 | - Question & Answer session on S&C skills, techniques & injuries | 6 | | |
| | | 5 | - Students must be paired off - spotting | 6 | | |
| | | 5 | - Students must be aware of correct spotting techniques & procedures | 6 | | |
| | 2 | - Correct footwear must be worn at all times | 6 | | | |
| 4 | - Sports uniform or appropriate clothing must be worn at all times - Individual programs based on age & sequential development - Teacher / Coaches work with S&C Coach to develop individualised programs for their athletes Equipment checked by students prior to use - Supervision of students whilst undertaking task - Staff with knowledge of first aid and /or first aid qualifications - First Aid kit / equipment available | 6 | | | | |
| - Hygiene | 4 | - Students must carry towel to wipe equipment when finished | 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 | | | |

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|--------------------------|-----------------------------------|--|--|---|---------------|---------------------------------|
| Supervision of Students | - Student Safety | 2 | <ul style="list-style-type: none"> - Police check - Prohibited Persons Declaration - Appropriate S & C Qualifications and/or Expertise - Emergency Care - 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 | 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"> - Explanation & Modelling of correct S&C techniques - Teacher / coaches regularly assist the S&C Coach - Principal & Director of Sport to oversee program & facility - Code of Conduct | 6 | | |
| | - Hygiene | 4 | - Explanation & Modelling of correct hygiene procedures | 6 | | |
| Rehabilitation | - Injury to student/s | 2 | <ul style="list-style-type: none"> - Consultation with Physiotherapist - Modified S&C Program | 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"> - Equipment checked regularly - Equipment returned to storage at end of session - floor clear of any equipment - Evacuation / Lockdown Procedures are displayed | 6 | | |

Venue and safety information reviewed and attached: Yes

Plan prepared by: J Kenny

Position: Director of Sport

Date: 12 March, 2015

Prepared in consultation with: T Wignell

Positiosn: 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