

Netball 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

Netball Coaches: Mrs J Macdermid & Ms T Elliott

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	- 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		
Netball Training	- Injury to student/s including <ul style="list-style-type: none"> • Cuts & Abrasions • Bruising • Asthma • Broken Limbs 	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				
- 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"> - Student Safety - Injury to student/s including <ul style="list-style-type: none"> • Cuts & Abrasions • Bruising • Asthma • Broken Limbs • Dehydration • Anaphylaxis 	<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"> - Police check - Prohibited Persons Declaration - Appropriate Netball Coaching Qualifications and/or Expertise - Emergency Care & Anaphylaxis Training - Child Protection Training - Code of Conduct - Principal & Director of Sport to oversee program & facility - Questionnaire to be completed prior to netball training - Explanation & Modelling of correct netball techniques - Coaching program based on age & sequential development - Students must remove jewellery & other ornaments likely to cause injury. - Students must keep fingernails short & smooth. - Students may wear soft peak caps only, i.e. no hard peak caps allowed - Students should have an adequate level of hydration before, during & after the training session or game - Qualified umpires used for inter-school competitions - Staff to cease activity at any sign of tiredness or fatigued - Well equipped medical kit with EpiPen available - Individual Health Care Plan for anaphylactic student - Should an injury occur involving bleeding these procedures should be followed : all clothing, equipment & surfaces viewed as potentially infectious & treated accordingly; participants who are bleeding must have wound dressed & securely covered; any blood covered area must be cleaned thoroughly & any blood covered clothing & equipment cleaned or removed prior to participant recommencing activity. - 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. - Ice available for treatment of injuries 	<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"> - Injury to student/s 	<p>2</p>	<ul style="list-style-type: none"> - Student excluded wherever there is any doubt as to the extent of the injury or fitness to continue - 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 - Consultation with Physiotherapist - Modified Netball Program 	<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: 3 April, 2013

Prepared in consultation with: J Macdermid & T Elliott

Position: Netball Head Coach & Netball 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