

Rugby 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

Rugby Coaches: Mr A Larkin & Mr W Brame

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	- 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		
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 that 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 particpnants, 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"> - Police check - Prohibited Persons Declaration - Coaching Qualifications and/or Expertise – minimum SmartRugby - Accreditation details of coaches recorded by the Director of Sport - Emergency Care & Anaphylaxis Training - 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		<ul style="list-style-type: none"> - 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 scrummaging 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		6		
			<ul style="list-style-type: none"> - Qualified referees used for inter-school competition - Well equipped medical kit with EpiPen available - Matches involving students U19 must adhere to “SmartRugby” Program as advocated by ARU & NSW RU - 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) - Staff with knowledge of first aid and/or first aid qualifications present at each training session & all matches - 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 must remove jewellery & other ornaments likely to cause injury - Students are to be instructed to use adequate sun protection, e.g. SPF30+ broad spectrum, water resistant sunscreen reapplied regularly - Ice available for the treatment of injuries 			

Rehabilitation	- Injury to student/s	2	<ul style="list-style-type: none"> - Students are not allowed to play or to continue to play if injured & 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 - Consultation with Physiotherapist - Modified Rugby Program 	6	Sport coaches	Prior / during & after training
Rugby Facilities	- Injury to student/s	4	<ul style="list-style-type: none"> - Enclosed grounds are preferred for inter-school fixtures - Grounds must be free of obstructions & loose objects & marked avoiding the use of hydrated lime - Appropriate padding must be used for goal posts - Spectators & reserve players must be positioned well back from the sideline during play 	6	Sport coaches	Prior / during & after training
<p><i>Venue and safety information reviewed and attached: Yes</i></p> <p><i>Plan prepared by: J Kenny</i> <i>Position: Director of Sport</i> <i>Date: 3 April, 2013</i></p> <p><i>Prepared in consultation with: A Larkin & W Brame</i> <i>Position: Rugby Head Coach & Rugby Coach</i></p> <p><i>Communicated to: Teachers, coaches and parent/carers</i></p>						
<p>Monitor and Review – Monitor the effectiveness of controls and change if necessary. Review the risk assessment if an incident or significant change occurs</p>						