# 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

<table>
<thead>
<tr>
<th>Task/Activity</th>
<th>Hazard Identification &amp; Associated Risk Type/Cause</th>
<th>Assess Risk* use matrix</th>
<th>Elimination or Control Measures</th>
<th>Assess Risk* post elim.</th>
<th>Who</th>
<th>When</th>
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</table>
| Students changing in to practical gear for netball training | - Hygiene / Illness  
- Injury to student | 4  
5 | - Change rooms cleaned daily, hygiene practiced taught & encouraged  
- Change rooms monitored for damage  
- Single sex change rooms  
- Access to showers  
- Staff nearby and to announce when / if entering | 6 | Sport coaches | Prior to / and after training |

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| Netball Training | - Injury to student/s including  
  • Cuts & Abrasions  
  • Bruising  
  • Asthma  
  • Broken Limbs  
- Damage to / Misuse of equipment | 5  
5  
5  
2 | - Warm up / Cool down included before & after all training & competition sessions  
- Explanation & Modelling of correct netball techniques  
- Question & Answer session on netball skills, techniques & injuries  
- Coaching program based on age & sequential development  
- Programs should incorporate training focussing on enhancing body balance, control on landing, moving forward & catching passes  
- 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  
- Equipment checked by student’s prior to use  
- Equipment returned to storage at end of session | 6  
6  
6  
6  
6  
6  
6  
6  
6  
6 | Sport coaches  
Students | During Training |
### Supervision of Students

| Supervision of Students | - Student Safety | 2 | - 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  
| - Injury to student/s including |                  | 5 | - 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  
|                         |                  | 5 | - Police check  
|                         |                  |   | - Prohibited Persons Declaration  
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|                         |                  |   | - Ice available for treatment of injuries  

### Rehabilitation

| Rehabilitation | - Injury to student/s | 2 | - 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  

6 | Sport coaches | Prior / during 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  
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 | Sport coaches | Prior / during & after training |

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