**Rugby League 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 league Coaches:** Mr W Lambkin, Mr G Boulous, Mr S Hales, Mr T Wignell  
**Group/class:** Students in the rugby league talented sport program

**Risk Assessment Focus:** Safe and effective programs for all students in the rugby league talented sports program.

<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 rugby league 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 |
| Rugby League Training | - Injury to student/s including  
  • Cuts & Abrasions  
  • Bruising  
  • Asthma  
  • Broken Limbs | 5  
5  
5  
5 | - Warm up / Cool down should be included before & after all training & competition sessions  
- Explanation & modelling of correct rugby league techniques  
- Question & answer session on rugby league skills, techniques & injuries  
- Correct boots that conform to the laws of the game must be worn at all times  
- Sports uniform or appropriate clothing must be worn at all times  
- Mouthguards must be worn at training sessions requiring physical contact between participants, 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 Standards Australia approved head gear & shoulder pads worn should be approved by the ARL  
- Structured training & coaching program specific to the player’s position & physique  
- Matches involving students 15&U must incorporate “National Safeplay Code”  
- Matches involving students 14&U must retire five (5) metres from the point at which the ball is played, which is different to the normal ten (10) metres  
- Staff with knowledge of first aid and /or first aid qualifications  
- Well equipped medical kit with Epipen available | 6 | Sport coaches | Students | During Training |
| Supervision of Students | - Student Safety | 2 | - Police check  
- Prohibited Persons Declaration  
- Coaching Qualifications and/or Expertise  
- 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 training |
|------------------------|-----------------|---|-------------------------------------------------|
|                        | - Injury to student/s including | 5 | - Cuts & Abrasions  
- Bruising  
- Asthma  
- Broken Limbs  
- Anaphylaxis | 6 | Sport coaches | Prior / during training |
|                        | - Written parental permission to train, play at inter-school & higher representative levels | 5 | - Structured training & coaching program specific to the player's position & physique | 6 | Sport coaches | Prior / during training |
|                        | - Students are selected on the basis of ability & suitability to the position they are to play; students assessed as having inappropriate physique for scrimmaging 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 | 5 | - Qualifed referees used for inter-school competition  
- Well equipped medical kit with Epipen available  
- 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 | 6 | Sport coaches | Prior / during training |
| Rehabilitation | - Injury to student/s | 4 | - 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 League Program | 6 | Sport coaches | Prior / during training |
### Rugby League Facilities

<table>
<thead>
<tr>
<th>Risk</th>
<th>Description</th>
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| Injury to student/s | - 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 |

**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:** W Lambkin, G Boulous, S Hales, T Wignell  
**Position:** Rugby League Head Coach & Rugby League Coaching Staff  
**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