# 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.

<table>
<thead>
<tr>
<th>Task/Activity</th>
<th>Hazard Identification &amp; Associated Risk</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>
</tr>
</thead>
</table>
| Students changing in to practical gear for rugby 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 Training | - Injury to student/s including  
• Cuts & Abrasions  
• Bruising  
• Asthma  
• Broken Limbs  
• Lifting | 5  
5  
5  
5  
2 | - Warm up / Cool down should be included before & after all training & competition sessions  
- Explanation & modelling of correct rugby techniques; players inserviced in the “SmartRugby” Program  
- Question & answer session on rugby skills, techniques & injuries  
- Boots that conform to the laws of the game must be worn; studs must not be longer than 21mm and must not have ridges, burring or sharp edges  
- 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 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 | 6 | Sport coaches | Students | During Training |
## Supervision of Students

### Student Safety

| 2 | - 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  
| 5 | - Written parental permission to train, play at inter-school & higher representative levels  
| 5 | - Structured training & coaching program specific to the player’s position & physique  
| 5 | - 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 | - Qualified referees used for inter-school competition  
| 5 | - Well equipped medical kit with Epipen available  
| 5 | - Matches involving students U19 must adhere to “SmartRugby” Program as advocated by ARU & NSWRU  
| 5 | - 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 in any one day is 90 minutes (trials, knockout, carnival, tournaments)  
| 5 | - Staff with knowledge of first aid and/or first aid qualifications present at each training session & all matches  
| 5 | - 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.  
| 5 | - Students must remove jewellery & other ornaments likely to cause injury  
| 5 | - Students are to be instructed to use adequate sun protection, e.g. SPF30+ broad spectrum, water resistant sunscreen reapplied regularly  
| 5 | - Ice available for the treatment of injuries  
| 6 | - Sport coaches  
| 6 | - Prior / during & after training
<table>
<thead>
<tr>
<th>Rehabilitation</th>
<th>- Injury to student/s</th>
<th>2</th>
<th>- Students are not allowed to play or to continue to play if injured &amp; 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&lt;br&gt;- Consultation with Physiotherapist&lt;br&gt;- Modified Rugby Program</th>
<th>6</th>
<th>Sport coaches</th>
<th>Prior / during &amp; after training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby Facilities</td>
<td>- Injury to student/s</td>
<td>4</td>
<td>- Enclosed grounds are preferred for inter-school fixtures&lt;br&gt;- Grounds must be free of obstructions &amp; loose objects &amp; marked avoiding the use of hydrated lime&lt;br&gt;- Appropriate padding must be used for goal posts&lt;br&gt;- Spectators &amp; reserve players must be positioned well back from the sideline during play</td>
<td>6</td>
<td>Sport coaches</td>
<td>Prior / during &amp; after training</td>
</tr>
</tbody>
</table>

**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:** A Larkin & W Brame  
**Position:** Rugby Head Coach & Rugby 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