## Strength and Conditioning 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

### Strength and Conditioning Coach: Mr Tony Wignell

### Group/class: Students in the talented sport programs

### Risk Assessment Focus: Safe and effective strength and conditioning programs for all students in the talented sports programs

<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>
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</thead>
</table>
| Students changing in to practical gear for strength and conditioning training | - Hygiene / Illness | 4 | - 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 |
| | - Injury to student | 5 | | | | |
| | | | | | | |
| | Strength Training | - Injury to student/s including  
- Cuts & Abrasions  
- Bruising  
- Asthma  
- Broken Limbs  
- Lifting | 5 5 5 5 2 | - Warm up / Cool down  
- Explanation & Modelling of correct S&C techniques  
- Question & Answer session on S&C skills, techniques & injuries  
- Students must be paired off - spotting  
- Students must be aware of correct spotting techniques & procedures  
- Correct footwear must be worn at all times  
- Sports uniform or appropriate clothing must be worn at all times  
- Individual programs based on age & sequential development  
- Teacher / Coaches work with S&C Coach to develop individualised programs for their athletes Equipment checked by students prior to use  
- Supervision of students whilst undertaking task  
- Staff with knowledge of first aid and /or first aid qualifications  
- First Aid kit / equipment available | 6 6 6 6 6 | Sport coaches | During Training |
| | - Hygiene | 4 | - Students must carry towel to wipe equipment when finished | 6 | | |
| | - Damage to / Misuse of equipment | 5 | - Equipment checked by student's prior to use  
- Equipment returned to storage at end of session - floor clear of any equipment | 6 | | |
| Supervision of Students | Student Safety | 2 | - Police check  
- Prohibited Persons Declaration  
- Appropriate S & C Qualifications and/or Expertise  
- Emergency Care  
- Child Protection Training  
- Code of Conduct  
- Principal & Director of Sport to oversee program & facility  
- Instructor to Student Ratio must not exceed 1:20  
- Written Parental Permission for inclusion in S&C training  
- Pre Activity Readiness Questionnaire to be completed prior to S&C training  
- Student Sign in before each S&C session  
- Explanation & Modelling of correct S&C techniques  
- Staff monitor & ensure that good lifting position, back management technique & correct breathing technique during activities  
- Staff to cease activity at any sign of tiredness or fatigued  
- First Aid Kit available in building  
- Teacher / coaches regularly assist the S&C Coach  
- Principal & Director of Sport to oversee program & facility  
- Explanation & Modelling of correct S&C techniques  
- Teacher / coaches regularly assist the S&C Coach  
- Principal & Director of Sport to oversee program & facility  
- Code of Conduct  
- Explanation & Modelling of correct hygiene procedures | 6 | Sport coaches | Prior / during & after training |
| --- | --- | --- | --- | --- | --- | --- |
|  | Injury to student/s including  
- Cuts & Abrasions  
- Bruising  
- Asthma  
- Broken Limbs  
- Lifting | 5 |  |  |  |  |
|  | Damage to / Misuse of equipment | 5 |  |  |  |  |
|  | Hygiene | 4 |  |  |  |  |
| Rehabilitation | Injury to student/s | 2 | - Consultation with Physiotherapist  
- Modified S&C Program | 6 | Sport coaches | Prior / during & after training |
| S&C Facility Maintenance | Injury to student/s | 2 | - S&C facility is cleaned daily | 6 | Sport coaches | Prior / during & after training |
|  | Damage to equipment | 5 | - Equipment checked regularly  
- Equipment returned to storage at end of session - floor clear of any equipment  
- 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: 12 March, 2015 |
| Prepared in consultation with: T Wignell | Position: Strength and Conditioning 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