

Strength and Conditioning Risk Management Plan: Eagle Vale High School

Name of school: Eagle Vale High School *Name of principal:*

Mr C Butler

Director of Sport: Mr J Dillon (Interim)

Strength and Conditioning Coach:

Group/class: Students in the Targeted Sport Programs

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

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 strength and conditioning 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		
Strength Training	- Injury to student/s including		- Warm up / Cool down - Explanation & Modelling of correct S&C techniques		Sport coaches	During Training
	• Cuts & Abrasions	5	- Question & Answer session on S&C skills, techniques & injuries	6	Students	
	• Bruising	5	- Students must be paired off - spotting	6		
	• Asthma	5	- Students must be aware of correct spotting techniques & procedures	6		
	• Broken Limbs	5	- Correct footwear must be worn at all times	6		
	• Lifting	2	- 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		
- 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	<ul style="list-style-type: none"> - 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 	6	Sport coaches	Prior / during & after training
	- Injury to student/s including	5	- Instructor to Student Ratio must not exceed 1:20	6		
	• Cuts & Abrasions	5	- Written Parental Permission for inclusion in S&C training	6		
	• Bruising	5	- Pre Activity Readiness Questionnaire to be completed prior to S&C training	6		
	• Asthma	5	- Student Sign in before each S&C session	6		
• Broken Limbs	5	- Explanation & Modelling of correct S&C techniques	6			
• Lifting	2	- Staff monitor & ensure that good lifting position, back management technique & correct breathing technique during activities	6			
			- 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			
	- Damage to / Misuse of equipment	5	<ul style="list-style-type: none"> - 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 	6		
	- Hygiene	4	- Explanation & Modelling of correct hygiene procedures	6		
Rehabilitation	- Injury to student/s	2	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - Equipment checked regularly - Equipment returned to storage at end of session - floor clear of any equipment - Evacuation / Lockdown Procedures are displayed 	6		

Venue and safety information reviewed and attached:

Yes Plan prepared by: J Dillon

Position: (Interim) Director of Sport

Date: 6 February, 2024

Prepared in consultation with:

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