leadership with
clontarf foundation

Lesson Plan

WH&S Risks for sports Activity

This resource looks at the importance of developing an understanding of WH&S procedures needed to be followed during a sports activity.

This learning resource has five parts that can be completed individually or grouped together depending on the target group or time allocated for the lesson.

Resources required:

Introduction - access to Internet for video

Activity One – Group Discussion– print off appendix 1 and highlighter for each student/ pair of students.

Activity Two – Brian storm, access to butchers paper or a Smartboard.

Activity Three – Discussion, access to butchers paper or whiteboard.

Activity Four – Group exercise – print off appendix 2, you will be required to go out side and have access to sports areas e.g. basket ball court, footie field, cricket pitch etc.

Activity 5. Keep worksheet s form this resource this will assist the students in completing documentation for 'Developing a training session' Resource ID No: SP1.

	Lesson plan – Teachers	Resources / Students
Introduction – Video	Students will be able to identify and follow procedures to address WHS issues. How: ➢ Watch video ➢ Group discussion ➢ Complete exercises ➢ Worksheet (evidence kept and add LMS)	Watch the following video and listen to the advice they give each sport discussing the potential dangers and injuries to avoid, then relate to the sports the students play. American sports safety video looking at a range of sports – http://www.today.com/video/today/44355311#44355311
Activity 1 **Group Discussion**	**Group Discussion** **Instructions.** 1. Handout of scenario and questions (Appendix 1); read through while students follow individually or pairs; after each paragraph students highlight words pertinent to WH&S and the questions to follow, e.g. see green highlighting 2. Discuss content of scenario – briefly 3. Discuss questions Q. Why is it important to create a safe play area? A. Minimise the chance of injury Q. Who is responsible for a safe play area? A. Everyone Q. What should you do if you find a risk? A. Look at the risk - is it something you need to tell others about or does the supervisor need to be aware? Does there need to be more action? Lets discuss how to create a safe area for training or a game. (You may want to use a white board to write down discussion notes as you go)	Print off appendix 1 for students Participation in sports is a way for people to exercise and enjoy their free time. For many people, sports activities are their only form of regular exercise. However, the health benefits of sports may be mitigated by sports-related injuries. Because of the risks involved in sports, participants must be aware of the dangers. With reasonable caution and precautions, most people can enjoy both the pleasure of sports and the health benefits of exercise. In 1998, people playing sports suffered more than 1 million sports-related injuries, with cycling, basketball, running and baseball being the lead activities where these injuries occurred. In 2006, these numbers climbed to more than 500,000 injuries related to basketball alone. Running, cycling, football and other sports injuries totalled more than 2 million cases. These numbers and the pain, medical and lost-work costs emphasise the importance of safety in sports.

		Every sport has rules for safe and healthy participation. These often include simple guidelines for stretching before beginning the activity or rules designed to prevent players from injuring each other and coaches to monitor the game. Many sports also have specialised safety equipment, such as special shoes for runners to reduce the risk of foot and leg damage or a rafting enthusiast's flotation vest and helmet. To get permission to run a sporting event, most sporting organisations must present a set of safety guidelines and demonstrate how those guidelines will be implemented. Not only do we have to look after ourselves we also need to be aware of the environment where we are playing sports. Let's have a look at this.
Activity 2- Brainstorm	***Tips for safety.*** A quick Brainstorm Q&A, give the students the heading and see how many responses /tips they can come up with. Prepared butcher's paper • How can injuries be reduced? Use this to encourage students' ideas; write them down throughout discussion. **Tips for ensuring the safety of playing areas** Ensure that: • The playing area is level, firm and free from obstructions (for example, holes or exposed sprinkler heads) • Permanent fixtures such as goal posts are padded and highly visible • Corner posts and other field posts cannot injure participants on contact (these should be made of cardboard or other 'non-threatening' material) • There is adequate lighting if playing at night	Q and A or verbal brainstorm – quick and sharp

	• There is adequate matting where necessary (for example, gymnastics, high jump) • Perimeter fences are well back from the playing area • Spectators are kept well away from the playing area. **Tips for ensuring the safety of protective equipment** Check that protective equipment: • Fits the players correctly • Is worn by players during training and competition • Is regularly checked and maintained • Is specific and appropriate for the sport and the sizes and ages of the players • Is being used according to the manufacturers' guidelines and the recommendations of the governing sporting body. **Tips for ensuring safety in different environmental conditions** **In hot or humid conditions:** • Encourage participants to wear loose light-colored lightweight clothing made from a natural fibre (for example, cotton) • Avoid intense activity in hot or humid conditions and monitor participants carefully for signs of heat illness and have a good supply of drinking water • Help participants avoid sunburn by encouraging them to slip on a t-shirt, slop on some sunscreen & slap on a hat • Encourage participants to drink plenty of fluid before the activity begins and schedule regular drink breaks during the activity. **In cold and/or wet conditions:** • Encourage participants to wear clothing appropriate for cold conditions (for example, dress in layers to trap heat and; • Wear gloves and a hat to reduce heat loss)	Q and A or verbal brainstorm – quick and sharp Q and A or verbal brainstorm – quick and sharp

	• Avoid participants standing exposed to the cold for long periods • Encourage participants to change wet clothing as soon as practicable • Alternative venues (for example, indoors) should also be considered, to ensure the safety and wellbeing of participants • Long breaks will cause the body to cool down, so participants should be encouraged to wear warm clothing. • Coaches should plan training sessions to avoid long breaks. Another warm-up period may be needed if long rest periods cannot be avoided. **Good coaching practices to reduce risk** • Plan all training sessions. • Ensure participants warm up prior to activity. • Don't mismatch participants (consider size/strength, not age). • Clearly establish the rules for behavior and activities. • Ensure the safety of playing areas, facilities and equipment. • Adapt activities for environmental conditions.	Q and A or verbal brainstorm – quick and sharp
Activity 3 – Discussion.	**Risk assessment?** Brief discussion on what a risk assessment is? Risk assessment refers to: • Things that can be dangerous in the workplace. • Actions that can be taken so that accidents and injuries do not happen. • Identification, evaluation and preventing injuries	Whiteboard – use details from appendix 2 document for possible content – best if responses can be drawn out of the students Sheets of butcher's paper prepared with: • What is a risk? • What is risk assessment? • How can risk be assessed? • A risk Assessment Form will need …….

	Risk can be assessed: • By the likelihood of something happening. • By the consequence that may result. A Risk Assessment Form will require: • The date. • A brief description of the hazards identified. • Level of Risk – the likelihood of an accident happening. • Severity of Risk – the consequence if an accident did happen. Before conducting a sport activity or project you should conduct a 'Risk assessment' lets look further at this. If a hazard is identified inform your supervisor to investigate and work with them to manage the risk.	Use each of these to encourage students' ideas; write them down throughout discussion.
Activity 4 **Group Exercise**	As a group, or into smaller groups for bigger groups, students do a risk assessment of a sports field, court etc. Complete the risk assessment form; when finished discuss the potential issue found and discuss possible solutions with the students.	**Appendix 2 – Field Safety Checklist for Outdoor Sports Surfaces** (keep as evidence of learning)
Activity 5 – Understanding of learning check.	Complete the section in the *Training Session Planner document – risk section* using the information discussed and from the work sheet. Save in the student's portfolio as evidence.	The student and the teacher can do this together, as a group or nominate a time to do this one-on-one as part of 'Developing a training session' Resource ID No: SP1.

Appendices

Appendix 1

Scenario- sports related injury.

Participation in sports is a way for people to exercise and enjoy their free time. For many people, sports activities are their only form of regular exercise. However, the health benefits of sports may be mitigated by sports-related injuries. Because of the risks involved in sports, participants must be aware of the dangers. With reasonable caution and precautions, most people can enjoy both the pleasure of sports and the health benefits of exercise.

In 1998, people playing sports suffered more than 1 million sports-related injuries, with cycling, basketball, running and baseball being the lead activities where these injuries occurred. In 2006, these numbers climbed to more than 500,000 injuries related to basketball alone. Running, cycling, football and other sports injuries totalled more than 2 million cases. These numbers and the pain, medical and lost-work costs emphasise the importance of safety in sports.

Every sport has rules for safe and healthy participation. These often include simple guidelines for stretching before beginning the activity or rules designed to prevent players from injuring each other and coaches to monitor the game. Many sports also have specialised safety equipment, such as special shoes for runners to reduce the risk of foot and leg damage or a rafting enthusiast's flotation vest and helmet. To get permission to run a sporting event, most sporting organisations must present a set of safety guidelines and demonstrate how those guidelines will be implemented.

Not only do we have to look after ourselves we also need to be aware of the environment where we are playing sports. Let's have a look at this.

Q. Why is it important to create a safe playing area?

Q. Who is responsible for a safe playing area?

Q. What should you do if you find a risk?

Appendix 2 – Field Safety Checklist for Outdoor Sports Surfaces

FIELD SAFETY CHECKLIST FOR OUTDOOR SPORTS SURFACES

PURPOSE: To provide a means of evaluating the playing surface from a safety viewpoint prior to an event.

SAFETY CONSIDERATIONS

Sports field hazards that are associated with injury risk include:

- exposed sprinkler heads, or holes above & around sprinkler heads
- broken or sunken irrigation valve boxes
- uncovered cricket pitches during the winter season
- edges of synthetic wickets
- unevenness of the surface, including potholes, clumpy grass & line markings
- Walk the field and boundary and remove unsafe objects. Remove anything that a player might run in to.
- type of surface, especially hard bare surfaces, or loose shifty surfaces
- poor grass/turf coverage, e.g. clumping of grass and uneven cover
- overly-hard surface
- traction of the surface (generally too slippery)
- fence and surround safety
- goal posts padded and safe
- Warm up and stretch properly at the beginning of each practice to prevent muscle injuries.

ASSESSMENT PROCEDURE.

Make the following assessments prior to the training session or game.

Item	Pass	Fail	Action Required/Taken
Removal of any unsafe debris or objects			
Irrigation heads, valve boxes etc. are level with surface (no more than 25mm below turf surface)			
There are no major holes or clumps that could cause tripping or ankle injury			
Line marking is safe, with no major (more than 25mm) hollowing.			

The surface is satisfactorily stable underfoot.			
An absence of weeds with thorns bristles or burrs.			
There are no rips or tears in the synthetic turf surface that could cause tripping.			
The surface is not unduly hard.			
The surface is not unduly slippery.			
Goal posts are securely anchored and posts adequately padded.			
There is an adequate safety buffer around the field between posts and hard fencing.			
All surface catch drains are adequately covered.			
Check your first-aid kit; restock supplies as necessary and water supply.			
Other points of note:			