COLLEGE SPORT SAFETY ACTION PLAN

DATE		22 May 2021
EVENT		Auckland Secondary School Weightlifting Championships
EVENT MANAGER		Gabrielle Peach – Functional Strength Olympic
PHONE NUMBER		Mobile: 0273443020
PARTICIPANTS	**Who**	Secondary School Students
	Age	13 – 18 years
	How Many	40 athletes

SPECIAL CONSIDERATIONS:

OFFICIALS	**Who**	OWNZ officials and community volunteers
	How many	Approximately 10
	Qualifications	Experienced OWNZ competitors/officials, national level referees
HELPERS	**Who**	OWNZ competitors/volunteers
	How many	Approximately 12
	Qualifications	None
	Experience	Sport participation/knowledge
VENUE	**Manager/Contact**	Gabrielle Peach
	Address	
	Phone Number	0273443020
	Evacuation Procedure	√ Check venue (pre event) √ Part of briefing of competitions
	Building/WOF	N/A
FIRST AID	**Organisation**	Qualified First Aider(s)
	Who	Functional Strength staff, other coaches/school contacts attending
	How Many	3+
	Phone Number	
	Cell Phone Number	
	Qualifications	First Aid

	Vehicle Access for Emergencies	√
COMMUNICATION	**Walkie Talkie/RT**	x
	Mobile Phone	√
	Speaker/PA	**X**
WAIVERS/ MEDICAL/ ENTRIES		N/A. School contacts expected to be aware of any athlete specifics. Note venue not large enough to warrant need for PA/walkie talkies etc
FRESH WATER ON SITE?		√
TOILET HYGIENE		Toilet x2 + urinal onsite, 2x portable toilets leased for the day
BRIEFING	**Responsibility**	Gabrielle Peach
	Content	Safety, Emergency Procedures
	Evacuation Procedure	Session announcer will inform all attending event on both days of evacuation procedure. Four separate exits available

ROLES & EXPECTATIONS

ON THE DAY CHECKLIST

FIRST AID	**Personnel**	Onsite first aider
	Ambulance	Dial 111
	First Aid Kits	1 and defib
CELL PHONE NUMBERS *(on site emergencies)*	**Event Manager**	Gabrielle Peach
	Coach	
	Media	
	Ambulance	N/A
	First Aid	Available onsite

EQUIPMENT	**Cones**	NA
	Signs	NA
	Ropes	√
	Tables/Chairs	√
	Marquee	NA
	Gazebos	NA
	First Aid Kits	√
	Loud Haler	NA
	Standards/Tape	√
	Water/Ice	√
	Stretchers	NA
	Hi Viz Vests	√
	Blankets	X
	Fire Extinguishers	4

NOTE: THIS CHECKLIST RELATES TO HEALTH AND SAFETY ONLY, AND MAY NOT INCLUDE MANAGEMENT RESOURCES.

RISK MANAGEMENT PLAN / RISK ACTION PLAN

EVENT Auckland Secondary School Weightlifting Champsionships **Manager** Gabrielle Peach **Date** 22 May 2021

Risk: What could go wrong?	Cause	Prevention: Eliminate/ Isolate/ Minimise	Equipment	Check (tick)	Who is responsible?
Heat Stroke	• Strong Sun reflecting on building • Inappropriate clothing • Not drinking fluid	• Keep air flowing by opening doors/roller door • Water available	• Water onsite	√	• Students • Coaches • Managers • Teachers • Parents • Event organisers to promote awareness
Dehydration	• Not drinking fluid • Stress of competition	• Promotion of welcoming environment • Announcer to promote hydration	• Water onsite	√	• Students • Coaches • Managers • Teachers • Parents • Event organisers to promote awareness
Muscle Injuries	• Incorrect technique • Not warming up • Unnatural movement	• Ensure coaches promote warming up and aware of performance timeframes • Event organisers to ensure all athletes have coach supervision	• Ice	√	• Students • Coaches • Managers • Teachers • Parents • First Aid officers
Fractures	• Missed lifts	• Ensure participants have appropriate opportunity to warm up • Ensure athletes have appropriate space to warm up without undue risk	• Warm up space • First aid	√	• First Aid officers • Event organisers
First Aid	• Cuts • Bruises • Grazes • Ripped hands	• Designated first aid area given location and briefing	• Table/Chairs • Extra supplies of bandages, plasters, antiseptic wipes and cream	√	• First Aid officers • Students • Coaches • Managers • Teachers/Parents

Vehicle accident in the carpark	• Lack of attention by drivers	• Entry and exit points clearly marked. Ample onstreet parking with weekend	• No additional signage required	√	• Event organisers
Unknown people present	• Inappropriate behaviour by non-participants	• Participants will be wearing identifiable uniforms • Event Manager will identify and address any unknown non-participants		√	• Event organisers
Crowd Control	• Spectator area not clearly marked	• Proper roping off of competitor and spectator areas		√	• Event organisers
Injury related to Weightlifting	• Joint, muscle, bone injury from improper landing, dropping barbell while lifting	• Reduce distractions while lifting, appropriate athlete supervision, first aid onsite	• First aid	√	• Event Manager • Coaches
Weightlifting equipment trip hazards	• Inattention	• Have athletes and warm up gear located within specific defined areas, gear put away when not in use, other hazards clearly marked	• Marked areas, appropriate storage	√	• Event Manager, Coaches
Spectator injury	• Inattention, proximity to barbells and equipment	• Keep spectators out of competitor areas, spectators kept away from competition platform with barriers.	• Physical barriers, reminder from announcers	√	• Event Manager • Announcer
Wet weather-causing people to slip in venue entrance ways/wet surfaces	• Rain	• Warning signs (wet floor), using towels to keep surfaces dry if necessary	• Signage • Towels	√	• Event Manager
Spectator behaviour	• Disagreements, large spectator numbers in small space	• Grandstand seating to enable better viewing, announcer to inform spectators of expected behaviour, event manager to call police if required	• Cell Phone, microphone/sound system • Grandstands	√	• Event Manager • Announcer
Athletes arriving without necessary support for competition	• Unsupervised students	• Athletes to be supported by other coaches where possible. If not possible, athletes unable to compete.	• Cell Phone		• Event Manager

STEPS TO FOLLOW WHEN ASSESSING RISKS

1. Identify the risks (losses or damage) that could result from the activity
   - √ Physical injury
   - √ Social / psychological
   - √ Material (gear or equipment)
   - √ Programme interruption

1. List the factors that could lead to each risk/loss.
   - √ People
   - √ Equipment
   - √ Environment

2. Think of strategies that could reduce the chances of each factor leading to the risk/loss
   - √ Eliminate If possible
   - √ Isolate If can't eliminate
   - √ Minimise If can't isolate
   - √ Cancel If can't minimise

3. Make an emergency plan to manage each identified risk/loss. Devise strategies for each risk and an associated emergency plan.
   - √ Step by step management
   - √ Equipment/resources required

4. Continual monitoring of safety during the activity.
   - √ Assess new risks
   - √ Manage risks
   - √ Adapt plans

RISK ASSESSMENT FACTORS TO CONSIDER

People	Resources and Equipment	Environment
• Outside providers / instructors • Experience • Ratios • Medical • Physical size/shape • Fitness • Anxieties / Feelings • Motivation • Special needs Educational Language abilities Cultural abilities Behaviour Physical disability • Social and psychological factors • Dropping your guard • Unsafe act(s) by participants • Error(s) of judgement by teacher(s)/instructor(s)	• Information Parents/Whanau • Plan • Food and Drink • Transport • Special Equipment Rope Canoe/Kayaks Maps/compass Cameras • Equipment, maintenance, quantity, quality. • Safety equipment	• Weather • Terrain • Emergency services • Security • Animals/Insects • Road use • Traffic density • Fences • Human created environment