

WINNERS 2012 NSW SPORTS SAFETY AWARDS

NSW SCHOOL

Illawarra Senior College Marine Recreational Safety Program

The college has developed a safety program as part of its curriculum to safely and competently participate in recreational marine activities such as boating, canoeing, snorkelling and diving and surfing.

Under the program all year 10 students complete a module as part of the physical activity curriculum in sport studies and marine and aquaculture technology. Year 11 and 12 students complete modules in sport, lifestyle and recreation, personal development health and physical education and marine safety.

Students learn hazard identification of ocean risks such as rips, tides and swells and become competent in the safe operation and maintenance of equipment such as diving tanks and safety and emergency management.

The program also provides students and teachers with an opportunity to gain formal marine safety, first aid and surf living saving qualifications as well as being able to qualify for their NSW Maritime boat drivers licence.

Merrylands High School Swim School Life Saving Program

The school has introduced a compulsory program for year 7-10 students that will provide them with life-skills in water safety and first aid.

As well as learning CPR students obtain the skills to assist a swimmer in difficulty without putting their lives at risk. By completing this program all students qualify for the Royal Life Saving Society of Australia's Swim and Survive bronze award.

In the past year 20 students have gone on to receive instructor qualifications allowing them to mentor their peers in water safety.

The program has provided an opportunity for refugee and migrant students of diverse cultural and ethnic backgrounds to feel confident in the water and better understand safety risks and life saving techniques.

DISABILITY SPORT

Disabled Surfers Association of Australia Inc Train the Helper Program

Putting smiles on dials – safely is the mantra adopted by the Disabled Surfers Association of Australia who aim to provide a positive and safe surfing experience for people with disabilities.

With this in mind, the voluntary organisation launched its Train the Helper disability water safety program to raise awareness among volunteers, family members and carers of safe surf participation for individuals with unique needs.

The program allows volunteers to provide carers and disabled people with an understanding of the dynamics of the ocean and sport of surfing in a safe non-threatening environment.

All surfing volunteers participate in the Train the Helper Program so they can ensure a safe and injury free event. Understanding the needs individual physical and intellectual disabilities as well as risk management techniques for volunteers who undertake a lot of heavy lifting are included in the program.

The only program of its kind in the world, the Disabled Surfers Association provides people with an opportunity to experience something new while gaining self confidence and social interaction skills.

Disabled WinterSport Australia Inc Adaptive Snowsport National Training and Education Program

In response to growing demand for adaptive snowsport from disability communities, the organisation developed an education package to ensure trainers were equipped with the expertise to support disability groups to provide their members with a positive Apline experience.

Over the past two seasons the organisation has provided almost 200 participants with an 'on-snow' experience through the use of adapted ski equipment, trainers and guidance material, ensuring the experience is enjoyable and safe for participants with a disability.

Training clinics cover awareness of various disabilities, using specialised equipment and loading and unloading safety procedures.

The program has allowed people with disabilities including down syndrome, amputees, acquired brain injury and cerebral palsy experience snow for the first time without the risk of injury.

DISABILITY SPORT CONTINUED

NSW Rugby League Origin Western Sydney Community and Game Development Unit NSW Rugby League Community Connections Program and Inclusive Rugby League Manual

The NSW Rugby League Community Connections Program is designed to promote participation in rugby league at all levels, developing skills, confidence and involvement in the community for people with disabilities of all ages.

The program uses a 'hands-on' approach for people with disabilities to learn, experience and develop physically and socially.

Program participants are given the opportunity to take part in a series of modified rugby league skills that encourage physical participation and improve team work, communication and self esteem.

The program provides training in various volunteer roles within junior rugby league clubs that vary from team trainers to gear stewards they can use at all NSW Rugby League events.

As part of the program, a comprehensive training manual has been developed and distributed across NSW junior leagues.

JUNIOR SPORT

Dragon Boats NSW Inc – Junior Due Diligence Program

To ensure that relevant requirements for junior participants under the age of 18 were met, Dragon Boats NSW developed a program to provide safe pathways for development of young people across the sport.

The junior grade due diligence program has been designed to ensure that young people have a positive experience in dragon boat racing while ensuring their needs for safe participation are met.

As part of the program a 'juniors policy' commenced in 2012 which provided education and support to members, coaches and volunteers to raise awareness of their obligations to young people within the sport.

Dragon Boats hope to roll the program out across other jurisdictions following the success of the NSW pilot.

Hockey NSW – Coach Education Program

To reduce injuries during matches and training across the sport, Hockey NSW developed a targeted program to educate coaches with the skills to run a safe and productive hockey session.

The program provides coaching in the correct techniques for hitting, passing, goal-shooting and tackling to decrease excess joint strain, being struck by the ball and tackle collisions.

During 2012 alone the Hockey NSW Coach Education Program has provided accreditation to more than 300 coaches across NSW.

This has resulted in education on correct skill and technique reaching almost 6000 hockey players from NSW schools, clubs and associations with the Association estimating a reduction in injuries across the sport by almost 30 per cent.

NSW Rugby Union – Rugby Union Kids Pathway

While injuries in junior rugby union are not as prevalent as in other sports, those that do occur are generally linked to contact, tackling and falling technique.

The Australian Rugby Union's Kids Pathway Program was introduced in 2009 and provides a series of age-specific modified rugby games in a controlled environment to reduce the risk of injuries.

The program introduces Under 12s players to develop skills appropriate to their age and capacity for safe participation. It allows players to develop confidence and participate in the sport regardless of their ability, while reducing the likelihood of unsafe play.

Over the past 12 months in NSW the program has been rolled out in more than 100 clubs reaching 15,000 participants, making the sport more accessible and safer for juniors.

REGIONAL CLUB OR SPORTING ASSOCIATION

Penrith Swans Junior AFL Risk Management Program

The club developed a comprehensive risk management program to enhance the safety of players, officials, volunteers and spectators associated with competition and training.

The program adopts a systematic approach to evaluating sports activities to determine risks associated with junior AFL matches and strategies to address them. The program includes weather policies, injury management, first aid training as well as the playing environment and facilities.

As well as pre and post game safety, the program also includes injury prevention strategies for pre-season risk management to assist players maintain optimal conditioning.

As well as reducing injuries the initiative has seen the club obtain accreditation under the AFL NSW and ACT Quality Club Program.

Scone Athletics Club Discus and Shotput Cage

Being struck by a discus or shotput can cause serious injury. To address the risk to players and spectators, Scone Athletics Club worked with Upper Hunter Shire Council to upgrade existing facilities at a local playing field.

With limited funds, the club sourced a design and worked with a local steel supplier to develop a dedicated cage that meets safety standards.

As well as reducing the danger of others being struck by a mis-thrown discus, the cage is visible to other users of the sports grounds and has improved safety during night participation.

The cage has reduced the risks associated with these sports for the club and the wider community with additional schools now holding their sports carnival at the site following its installation.

REGIONAL CLUB OR SPORTING ASSOCIATION CONTINUED

Valley Dragons Junior Rugby League Football Club First Aid Officer Leaguesafe Training and Awareness

For one of the largest leagues in Canberra, with more than 400 players aged between 5 and 16 across 26 teams, Valley Dragons Junior Rugby League first aid training needs to be a priority.

As well as the presence of an accredited first aid officer and sports trainer at every match, the league has even ensured its water runners are first aid qualified. The club also provides opportunities for parents to attend first aid awareness training.

To reduce the risks of injury from pre-existing conditions during matches, the league has developed a database of medical conditions and specific care plans to address these.

The league has developed care plans for conditions including asthma, epilepsy, anaphylaxis and diabetes.

STATE CLUB OR SPORTING ASSOCIATION

Aquatic Safety Training Academy Free CPR Awareness Course

Drowning is a major cause of preventable death in children under five and rapid intervention is crucial to survival and positive clinical outcomes in near-drowning episodes. In many circumstances parents are the first on the scene.

Acknowledging this, Royal Surf Life Saving's Aquatic Safety Training Academy developed a free course in Resuscitation, making it available to every parent or carer of a child participating in its Swim and Survive program.

The free training sessions provide vital life saving information and allow parents to refresh their skills in a practical setting.

Feedback to the certified training sessions has been positive with more than 400 parents participating in the course over the past two years.

STATE CLUB OR SPORTING ASSOCIATION

Gymnastics NSW Workplace Health and Safety APP

With the introduction of new harmonised workplace safety laws last January, Gymnastics NSW wanted to ensure its staff and volunteers were aware of their regulatory obligations.

The organisation partnered with a service provider to develop a workplace safety APP for smart phones and tablets.

The APP provides gym clubs, coaches, judges, contractors and volunteers with access to range of guidance material that have been tailored to a club and competition environment.

The APP provides a safety induction for staff and volunteers and enables a risk assessment to be conducted at any gym to identify safety hazards. It contains specific menus for positions such as coaches and volunteers and allows users to select a hazard such as slips, trips and falls or working with chalk magnesium carbonate.

The APP also allows users to select an apparatus such as uneven bars or vaulting horses and then manage associated risks. The initiative has the potential to be rolled out across Australia and through to other sports.

Pony Club Association of NSW Horse Welfare Officer and Safety Officer

With new work health and safety laws an important issue for sporting organisations, the Pony Club Association of NSW created a new position to ensure safety of riders and horses remained a priority.

All NSW Pony Clubs are now required to engage a horse welfare and safety officer to oversee the evaluation of riders, horses and equipment before a training day or competition.

The initiative has increased the Association's risk management capacity and is designed to reduce the incidence and severity of injuries.

Recognised as the grassroots level of horse riding development, Pony Club NSW has over 271 clubs with over 15, 500 members. This initiative will have far-reaching benefits for all members leading into the future.