

# Curriculum activity risk assessment

## Throwing Events - Discus

clever • skilled • creative

### Activity scope

This document relates to student participation in throwing the Discus as a curriculum activity.

### Risk level

The actual risk level will vary according to the specific circumstances of the activity and these **must** be considered when assessing the inherent risk level and planning the activity. As a starting point, ask the following questions:



- Which students will be involved?
- Where will the students be?
- What will the students be doing?
- Who will be leading the activity?
- What will the students be using?

Inherent risk level		Action required / approval
<input checked="" type="checkbox"/>	<b>High</b>	Likely chance of a serious incident and injury requiring medical treatment. <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> A Curriculum Activity Risk Assessment must be completed.</li> <li><input checked="" type="checkbox"/> Principal or delegated Deputy Principal or Head of Program (HOD, HOSES, HOC) to review and approve risk assessment.</li> <li><input checked="" type="checkbox"/> Obtaining parental permission is recommended.</li> <li><input checked="" type="checkbox"/> Once approved, activity details are to be entered into the <i>School Curriculum Activity Register</i>.</li> </ul>

Teachers/leaders: Minimum of 52 teachers/leaders from 9 schools in the District

Activity description:

BDSSS Track and Field Carnival

Start date: 22 July 2016

Finish date: 26 July 2016

No of students (approx.): 400 per day

Class groups: Grades 7 - 12 from 9 Schools in the District

Supervision ratio (approx.): 1:8

Listed below are the minimum recommendations for this type of activity. For any items checked 'No', provide further information regarding the additional or alternate controls to be implemented for the safe conduct of the activity.

Minimum supervision	
Adequate adult supervision is to be provided. In determining what is adequate, consider the number of students, their individual needs, and the nature of the activity. If an adult other than a registered teacher is engaged for instruction, a teacher should be present to take overall responsibility. <u>Blue Card</u> requirements <b>must</b> be adhered to.	
<input checked="" type="checkbox"/>	Registered teacher with minimum qualifications as outlined below
<b>OR</b>	
<input type="checkbox"/>	An adult with minimum qualifications as outlined below, in the presence of a registered teacher.
Further information: Local Athletics Clubs provide Officials who work with a registered teacher.	

Minimum qualifications	
<i>The qualifications listed in this section are minimums for each type of situation. Leaders are encouraged to seek training to raise their qualification level above the minimum listed.</i>	
<input checked="" type="checkbox"/>	Current first aid qualifications including Cardio Pulmonary Resuscitation (CPR) or ready access to first aid facilities, including qualified personnel.
<input checked="" type="checkbox"/>	<u>Blue Card</u> requirements met
High — Likely chance of a serious incident and injury requiring medical treatment.	
<b>For a registered teacher with qualifications in Physical Education (PE):</b>	
<input type="checkbox"/>	Get Active Queensland Athletics Coaching — Part A qualification
<b>OR</b>	
<input type="checkbox"/>	Level One accreditation from the <u>Australian Track and Field Coaches Association</u>
<b>OR</b>	
<input checked="" type="checkbox"/>	Competence (demonstrated ability/experience to undertake the activity) in the teaching of discus
A teacher could demonstrate their competency to conduct an activity to the person approving the Curriculum Activity Risk Assessment through their:	
<input checked="" type="checkbox"/>	knowledge of the activity and the associated hazards and risks
<input checked="" type="checkbox"/>	experience (i.e. previous involvement) in undertaking the activity
<input checked="" type="checkbox"/>	demonstrated ability and/or expertise to undertake the activity
<input checked="" type="checkbox"/>	possession of qualifications related to the activity

## Minimum qualifications

The qualifications listed in this section are minimums for each type of situation. Leaders are encouraged to seek training to raise their qualification level above the minimum listed.

### For a leader other than a registered teacher:

- Get Active Queensland Athletics Coaching – Part A qualification  
**OR**  
 Level One accreditation from the Australian Track and Field Coaches Association

Further information:

Some teachers may have the following qualifications:

Get Active Queensland Athletics Coaching — Part A & Part B qualification  
 Level One or higher accreditation from the Australian Track and Field Coaches Association

Minimum equipment/facilities <i>If 'No' is ticked, provide further information.</i>	Yes	No
First aid kit suitable for activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Communication system: <input checked="" type="checkbox"/> phone-line at location <input checked="" type="checkbox"/> mobile phone <input checked="" type="checkbox"/> walkie talkies/UHF radio <input checked="" type="checkbox"/> student/adult messenger		
Sun safety equipment (hat, sunscreen, shirt etc)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Drinking water (students should not share drinking containers)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Throwing and landing areas that conform to <u>International Amateur Athletic Federation</u> specifications	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Highly visible markers to identify approach, throwing and landing areas	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Protective cages or improvised barriers (e.g. fence, hockey nets) when students are using the turn in discus	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Further information:		

Governing bodies/associations <i>If 'No' is ticked, provide further information.</i>	Yes	No
Guidelines/codes of practice are established for this activity. See <u>International Amateur Athletic Federation</u> , <u>Australian Track and Field Coaches Association</u> , Get Active Queensland Athletics Coaching – Part A qualification	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Further information:		

# Hazards and suggested control measures

All persons engaging in this activity should:

- identify the hazards, including any additional hazards not mentioned here
- assess their significance
- manage the potential risks.

Listed below are indicative hazards/risks and suggested control measures. They are by no means exhaustive lists. After checking these, add details of any other identified hazards/risks and additional controls you intend to implement.

Hazards/risks	Control measures	Yes	No	Implementation plan / Additional controls
<b>Environmental conditions</b> • Weather • Temperature • Surfaces	• Assess weather conditions before and during activity (e.g. temperature, storms).	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
	• Assess suitability of activity area (e.g. level, debris, pot holes/ divots in ground, line markers) before and during activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<b>Fast moving, heavy objects</b> • Throwing implements	• Instruct students about safety rules before equipment is issued.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Also the responsibility of each school
	• Supervise the approach/launch area and throwing sector at all times.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
	• Instruct students to check that there is nobody in the sector before they commence preparation for the throw.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
	• Establish a system of commands to signal when students are to retrieve implements.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
	• Ensure that there is no 'pair' or return throwing.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
	• Dry implements before each throw if conditions cause dampness.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
	• Check equipment for damage before and during use.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
	• Ensure that throwers are at least five metres apart for group instruction.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	N/A
	• Ensure that left-handed throwers are placed on the left side of the group for group instruction.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	N/A

Hazards/risks	Control measures	Yes	No	Implementation plan / Additional controls
	<ul style="list-style-type: none"> <li>Note that the turn should be practised with modified equipment or without a discus for group instruction.</li> <li>Ensure that where the discus is to be thrown using the turn, only one individual throws at a time.</li> <li>Ensure that where throwing takes place, other students are behind protective cages/barriers, well clear of the wire.</li> <li>Where no protective cage/barrier is available, ensure that other students are at least 20 metres behind and to the non-throwing side.</li> <li>Provide protective cages or improvised barriers (e.g. fence, hockey nets) when students are using the turn.</li> <li>Ensure that discus with cracked or worn rims or loose rims or loose centre screws are withdrawn from use.</li> <li>Ensure that discus of appropriate weight/age requirements are used, as per Queensland Little Athletics Association rules: <a href="http://www.qlaa.asn.au/">http://www.qlaa.asn.au/</a></li> </ul>	<input type="checkbox"/>  <input checked="" type="checkbox"/>  <input checked="" type="checkbox"/>  <input type="checkbox"/>  <input checked="" type="checkbox"/>  <input checked="" type="checkbox"/>  <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  <input checked="" type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	N/A    Protective cages at both Discus areas
<b>Physical exertion</b> <ul style="list-style-type: none"> <li>Strains and sprains</li> <li>Cramps</li> <li>Exhaustion and fatigue</li> </ul>	<ul style="list-style-type: none"> <li>Have appropriate warm-up and warm-down activities.</li> <li>Follow progressive and sequential skills development.</li> <li>Continuously monitor students for signs of fatigue and exhaustion.</li> <li>Have ice packs available.</li> </ul>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Schools responsibility for warm-up and warm-down activities.  School responsibility for skills progression and monitoring students for fatigue.
<b>Students</b> <ul style="list-style-type: none"> <li>Special needs</li> <li>High risk behaviours</li> <li>Medical conditions</li> <li>Student numbers</li> </ul>	<ul style="list-style-type: none"> <li>Obtain parental permission, including relevant medical information.</li> <li>When students with medical conditions are involved, ensure that relevant medical/emergency plans and medications are readily available (insulin, Ventolin, EpiPen, etc.)</li> </ul>	<input checked="" type="checkbox"/>  <input checked="" type="checkbox"/>	<input type="checkbox"/>  <input type="checkbox"/>	Schools responsibility.

Hazards/risks	Control measures	Yes	No	Implementation plan / Additional controls
	<ul style="list-style-type: none"> <li>Refer to Individual education plan/Educational adjustment plan/Behaviour management plan and other student documents.</li> <li>Where necessary, obtain advice from relevant advisory visiting teachers or specialist teachers.</li> <li>Ensure there is adequate adult supervision.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
		<input type="checkbox"/>	<input type="checkbox"/>	N/A
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	

Additional control measures	
<i>These would relate to the specific student needs, location and conditions in which you are conducting your activity.</i>	
Hazards/Risks	Control Measures

<b>Submitted by:</b> Rob Gardner	<b>Date:</b> 13 July 2016
List the names of those who were involved in the preparation of this risk assessment.	
Rob Gardner	

Approval	
<input checked="" type="checkbox"/>	Approved as submitted:

<input type="checkbox"/>	Approved with the following condition(s):
<input type="checkbox"/>	Not approved for the following reason(s):
By: <i>Craig Martin.</i>	Designation: <i>BD SSS Chair.</i>
Signed: <i>[Signature]</i>	Date: <i>19/7/16.</i>
Once approved, activity details should be entered into the <i>School Curriculum Activity Register</i> by administrative staff.	
Reference no.	

<b>Monitor and review</b> <i>To be completed during and/or after the activity and/or at the completion of the series of activities.</i>	Yes	No
Are the control measures still effective?	<input type="checkbox"/>	<input type="checkbox"/>
Have there been any changes?	<input type="checkbox"/>	<input type="checkbox"/>
Are further actions required?	<input type="checkbox"/>	<input type="checkbox"/>
Details:		

## Important links

- SCM-PR-002: School Excursions  
<http://education.qld.gov.au/strategic/eppr/schools/scmpr002/>
- HLS-PR-003: First Aid  
<http://education.qld.gov.au/strategic/eppr/health/hlspr003/>
- HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions  
<http://education.qld.gov.au/strategic/eppr/health/hlspr004/>
- Infection Control Guideline:  
[http://education.qld.gov.au/health/pdfs/healthsafety/infection\\_control\\_guideline.pdf](http://education.qld.gov.au/health/pdfs/healthsafety/infection_control_guideline.pdf)
- HLS-PR-005: Health and Safety Incident Reporting and Notification  
<http://education.qld.gov.au/strategic/eppr/health/hlspr005/>
- HLS-PR-013: Developing a Sun Safety Strategy  
<http://education.qld.gov.au/strategic/eppr/health/hlspr013/>
- HRM-PR-010: Working with Children Check – Blue Cards  
<http://education.qld.gov.au/strategic/eppr/hr/hrmpr010/>
- HLS-PR-006: Managing Occupational Risks with Chemicals  
<http://education.qld.gov.au/strategic/eppr/health/hlspr006/hs16.pdf>
- Get Active Queensland Accreditation Program  
<http://www.sportrec.qld.gov.au/CommunityPrograms/Schoolcommunity/GetActiveQueenslandAccreditationProgram/Courseinformation.aspx>
- International Amateur Athletic Federation  
<http://www.iaaf.org/aboutiaaf/publications/regulations/index.html>

### Further information

For further information on incorporating risk management strategies into curriculum activity planning refer to [HLS-PR-012 Managing Risks in Curriculum Activities](#) and the associated list of [Curriculum Activity Risk Assessment Guidelines](#).

For further support with risk management training and advice, contact trained staff in schools such as Workplace Health and Safety Officers (WHSOs) and Workplace Health and Safety Representatives (WHSRs), and regional staff such as Senior Health and Safety Consultants.

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