

Health and Safety Plan and Risk Assessment


Wellington Underwater Hockey Association (2006)

All players must read this plan prior to participating in any WUHA organised sessions at WRAC.

All players (16 years or over) must be able to assist with first responding duties throughout the year during WUHA scheduled pool times. All first responder names will be provided to WRAC (including any parents / siblings / friends). Any parents / siblings / friends helping with first responder duties also need to read this document.

The primary duty of the first responder is to actively monitor the session and alert pool staff if there are any incidents.

Risk Management Framework

<p>Most effective</p>  <p>Least effective</p>	<p>Hierarchy of Controls</p> <ul style="list-style-type: none"> Elimination Substitution Isolation/separation Engineering Administration Personal protective equipment 	<table border="1"> <thead> <tr> <th>Likelihood (how often)</th> <th>Insignificant (first aid or debrief)</th> <th>Minor (medical treatment - physical or emotional)</th> <th>Moderate (Notifiable event, single lost-time injury/illness/distress)</th> <th>Major (multiple notifiable events/lost-time injuries/illness/distress)</th> <th>Extreme (fatality)</th> </tr> </thead> <tbody> <tr> <td>Almost certain (daily)</td> <td>Moderate</td> <td>High</td> <td>Critical</td> <td>Critical</td> <td>Critical</td> </tr> <tr> <td>Likely (weekly)</td> <td>Moderate</td> <td>Moderate</td> <td>High</td> <td>Critical</td> <td>Critical</td> </tr> <tr> <td>Possible (monthly)</td> <td>Low</td> <td>Moderate</td> <td>High</td> <td>High</td> <td>Critical</td> </tr> <tr> <td>Unlikely (yearly)</td> <td>Low</td> <td>Moderate</td> <td>Moderate</td> <td>High</td> <td>High</td> </tr> <tr> <td>Rare (1-5 years)</td> <td>Low</td> <td>Low</td> <td>Low</td> <td>Moderate</td> <td>High</td> </tr> </tbody> </table> <p>The risk matrices and score table are based on the Council's risk-management matrix.</p>	Likelihood (how often)	Insignificant (first aid or debrief)	Minor (medical treatment - physical or emotional)	Moderate (Notifiable event, single lost-time injury/illness/distress)	Major (multiple notifiable events/lost-time injuries/illness/distress)	Extreme (fatality)	Almost certain (daily)	Moderate	High	Critical	Critical	Critical	Likely (weekly)	Moderate	Moderate	High	Critical	Critical	Possible (monthly)	Low	Moderate	High	High	Critical	Unlikely (yearly)	Low	Moderate	Moderate	High	High	Rare (1-5 years)	Low	Low	Low	Moderate	High
Likelihood (how often)	Insignificant (first aid or debrief)	Minor (medical treatment - physical or emotional)	Moderate (Notifiable event, single lost-time injury/illness/distress)	Major (multiple notifiable events/lost-time injuries/illness/distress)	Extreme (fatality)																																	
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Risk Assessment

Record activity, hazards and add the appropriate controls. Attempt to apply a risk rating from the matrix above for each of the steps (so you know the risk level). Along with who within your organisation will implement the controls?				
Activity	Hazards	Controls	Risk rating of task with controls	Who will implement controls?
Surface Swim Fitness (Lane Swimming)	Minor – Cramp / Dehydration	<ul style="list-style-type: none"> Participants to be prepared for physical activity and hydrated for exercise WRAC have onsite water fountains to enable water bottle refills to prevent dehydration 	Moderate (Insignificant / Likely)	• Participants
	Minor - Strains / Sprains	<ul style="list-style-type: none"> Participants to be prepared for physical activity and aware of any existing injuries Operations staff provide any first aid equipment required (bandages / slings) 	Moderate (Minor / Possible)	• Participants • Operations staff
UWH Specific Swim Fitness (Lane Swimming)	Minor - Cramp / Strains / Sprains / Dehydration	<ul style="list-style-type: none"> Participants to be prepared for physical activity and hydrated for exercise WRAC have onsite water fountains to enable water bottle refills to prevent dehydration 	Moderate (Insignificant / Likely)	• Participants
	Moderate – Severe Cramp / Strains / Sprains / Dislocations	<ul style="list-style-type: none"> Participants to be prepared for physical activity and aware of any existing injuries Operations staff provide any first aide equipment required (bandages / slings) 	Moderate (Minor / Unlikely)	• Participants • Operations staff
	Serious – Shallow Water Black Out	<ul style="list-style-type: none"> Participants to be prepared for physical activity and aware of their fitness limitations No hyperventilating before playing / during playing (as this lowers CO2 levels and deceives the bodies natural breathing response) Coaches and referees to be aware of all players movements in water and act should there be a SWB (there are 5 refs/coaches in water to 12 playing participants) Operations staff provide any first aide as required 	Low (Moderate / Rare)	• Participants • Coaches • Officials • Operations staff
UWH Games	Minor - Cramp / Strains / Sprains / Dehydration	<ul style="list-style-type: none"> Participants to be prepared for physical activity and hydrated for exercise WRAC have onsite water fountains to enable water bottle refills to prevent dehydration 	Moderate (Insignificant / Likely)	• Participants

Record activity, hazards and add the appropriate controls. Attempt to apply a risk rating from the matrix above for each of the steps (so you know the risk level). Along with who within your organisation will implement the controls?

Activity	Hazards	Controls	Risk rating of task with controls	Who will implement controls?
	Minor - Cuts / Abrasions	<ul style="list-style-type: none"> • If Operations staff are aware of any broken tiles or surfaces that may affect your booking you will be notified before your booking. • Tiles are to be repaired where possible or covered if repair is not able to happen immediately. • If a participant spots a broken tile they are to let the Operations Team know immediately. 	Low (Insignificant / Possible)	<ul style="list-style-type: none"> • Operations staff and Bookings Staff • Participants, coaches, managers
	Moderate – Severe Cramp / Strains / Sprains / Dislocations	<ul style="list-style-type: none"> • Participants to be prepared for physical activity and aware of any existing injuries • Operations staff provide any first aid equipment required (bandages / slings) 	Moderate (Minor / Unlikely)	<ul style="list-style-type: none"> • Participants • Operations staff
	Serious – Shallow Water Black Out	<ul style="list-style-type: none"> • Participants to be prepared for physical activity and aware of their fitness limitations • No hyperventilating before playing / during playing (as this lowers CO2 levels and deceives the bodies natural breathing response) • Coaches and referees to be aware of all players movements in water and act should there be a SWB (there are 5 refs/coaches in water to 12 playing participants) • Operations staff provide any first aide as required 	Low (Moderate / Rare)	<ul style="list-style-type: none"> • Participants • Coaches • Officials • Operations staff
	Serious – Concussion	<ul style="list-style-type: none"> • Participants to be prepared for games and aware of abilities and hazards of flicking and collisions • Operations staff provide any first aide as required. -players will follow the nzuwh Concussion protocol before returning to play. 	High (Moderate / Possible)	<ul style="list-style-type: none"> • Participants • Coaches • Officials • Operations staff
	Moderate – Hyperthermia	<ul style="list-style-type: none"> • Participants to be prepared for tournament and getting in and out of water with suitable towels and clothing to balance temperature • Coaches and officials to be aware of participants and recognise symptoms; if occurs follow protocol to prevent further heat increase • Stop physical activity and exertion • Take to a cool and well ventilated environment (office etc) 	Low (Moderate / Rare)	<ul style="list-style-type: none"> • Participants • Coaches • Officials • Operations staff

Record activity, hazards and add the appropriate controls. Attempt to apply a risk rating from the matrix above for each of the steps (so you know the risk level). Along with who within your organisation will implement the controls?

Activity	Hazards	Controls	Risk rating of task with controls	Who will implement controls?
		<ul style="list-style-type: none"> • Provide cool damp cloths and cool (not ice cold) water to rehydrate • Prepare for any further steps required (check meds, emergency contacts, etc) • Operations staff provide any first aide as required 		
	Moderate – Hypothermia	<ul style="list-style-type: none"> • Participants to be prepared for tournament and getting in and out of water with suitable towels and clothing to balance temperature • Coaches and officials to be aware of participants and recognise symptoms; if occurs follow protocol to prevent further heat loss • Stop physical activity and exertion, dry participant and remove wet clothing • Take to a warm and dry environment • Provide warm dry clothes, emergency blanket if required and warm (not boiling) drinks to warm from the inside • Prepare for any further steps required (check meds, emergency contacts, etc) • Operations staff provide any first aide as required 	Low (Moderate / Rare)	<ul style="list-style-type: none"> • Participants • Coaches • Officials • Operations staff
Poolside Movement	Minor - Tripping / Slipping	<ul style="list-style-type: none"> • Participants to only wear fins in the water or directly poolside as they wait to get into water, not to be walking (or running) around the complex • No running within the pool complex due to wet floors and potential trip/slip hazards. - Regular coms will go out to Adults/Students and Managers/coaches - 	Low (Insignificant / Possible)	<ul style="list-style-type: none"> • Participants • Coaches • Officials • Operations staff
Poolside equipment (cables poolside and in water equipment)	Minor - Tripping / Slipping / Collision	<ul style="list-style-type: none"> • Cabling and trip hazards to be covered with mats or secured to the side of walkways / guttering (mats provided by WRAC and WUHA) • In water equipment and cameras are secured to the side of the court, no player access to that side – away from subs bench 	Low (Insignificant / Possible)	<ul style="list-style-type: none"> • Participants • Coaches • Officials • Operations staff