

Risk Management Strategies

Participants

- Health (medical conditions and medication, ensure full recuperation before resuming activity)
- Instruct (highlight risks to avoid and stress safety practices with children)
- Approved dress (ensure children are appropriately dressed)
- Supervision (provide adequate supervision at all times)
- Activities (activities should be appropriate for skill levels)
- Injury management (have a process for managing injuries)
- Group management (appropriate strategies are needed to manage large groups of children)
- Grading (match participants of similar size, strength and skill levels)
- Re-hydrate (encourage regular drinking to ensure children do not become dehydrated)
- Physical conditioning (don't over-tire children)
- Food handling (general cleanliness)

Activities

- Ensure a light warm-up before all activities (graded activities)
- Intensity (avoid stressful and high intensity activities)
- Appropriateness (avoid activities which may cause injury)
- Procedures (stay within recommended procedures and conform to all rules. Quickly intervene if children engage in potentially harmful behaviour)
- Warm-down (provide adequate warm-down exercise)

Responding to injuries or emergencies

- First aid (have a trained first aid person available and appropriate first aid equipment)
- Contacts (have emergency telephone numbers in a prominent location)
- Communication (have a telephone handy)
- Transport (have emergency use transport available)

Playing / equipment / field / weather & environment

- Approved equipment (use only approved equipment)
- Training aids (ensure markers and other training aids are safe)
- Equipment in good condition (keep equipment in good condition)
- Training (train children in the use of equipment and where necessary monitor use)
- Correct marking (Is there sufficient distance between the boundary and the fence? Is there ample area for the numbers involved to play safely?)
- Safe surface (check for holes, protrusions, debris. Is the surface level of appropriate firmness? If training at night, is the ground adequately lit?)
- Safe perimeter (eg. ensure goal posts and light poles are highly visible and padded. Ensure all equipment is removed from near the boundary)
- Zones (use zone markings to increase safety)
- Extremes (eg. avoid training or playing in lightning, severe cold and heat, thick fog or dust)
- Sun (protect children from sunburn and move into shade where available)
- Heat (ensure players drink plenty of water before, during and after activity)
- Cold (warm up after breaks and wear warm clothing when not active)
- Spectators (eg. ensure all spectators are outside the boundary/fence)
- Car park (Is it well controlled? Are child pick-up areas safe?)
- Busy roadways (Is there a need to escort children across roads?)
- Change rooms (eg. are they clean, tidy and safe? Is furniture safe?)
- Strangers (Be alert to strangers around young children. Warn children about approaching strangers)