

University of Wollongong Underwater Hockey Club

Risk Management Plan

1.0 Introduction

The University of Wollongong Underwater Hockey Club (the Club) was founded in 1991 and has been able to maintain the membership of a core of players through the years. This has enabled continuity in the club and enabled continuous improvement in the areas of risk reduction and new player induction and development. Although underwater hockey has proven to be a sport with less risk of injury than many, any identified risks must be managed. The following plan provides a framework for the identification and management of hazards associated with playing underwater hockey for the University of Wollongong Underwater Hockey Club.

2.0 Club Safety Policy

The Health and Safety Policy for the University of Wollongong Underwater Hockey Club (the Club) is based on a belief that the well-being of members and visitors involved in any of our Club's activities is a major priority and our greatest responsibility.

The Objectives of our Safety Policy are:

- To achieve an injury-free Club.
- To make health and safety an integral part of every coaching and coordinating role.
- To ensure health and safety is considered in all planning and club activities.
- To involve our members in the hazard identification process through regular communication and consultation.
- To ensure all potential accidents/injuries are controlled and prevented.

The success of health and safety management is dependent on:

- Pro-active planning of all club activities.
- Understanding of hazard identification and the importance of responsible management of new players and members.
- Ensuring good communication exists between club members and officials.

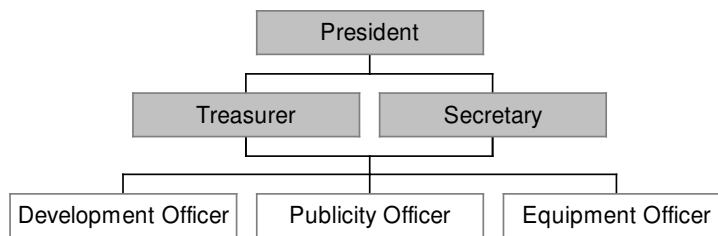
3.0 Scope of the Risk Management Plan

The scope of the Risk Management Plan involves the following activities:

- All training sessions held at the University of Wollongong Aquatic Centre, which include coaching of new players, scratch matches, regular competitions and annual invitational carnivals.
- Competitions played at venues other than the University of Wollongong Aquatic Centre, where the Club members participate as a representative team.



4.0 Roles and Responsibilities



The Club is administered by an Executive comprising of three mandatory positions and three (or more) support positions depending on membership interest and needs:

Mandatory Positions

- President
- Treasurer
- Secretary

Support Positions

- Equipment Officer
- Publicity Officer
- Development Officer

It is the responsibility of the Club Executive and position holders to:

- Ensure safe equipment is provided and maintained for the Club.
- Ensure all loan equipment is in good order and meets the safety requirements stipulated by the Australian Underwater Federation for underwater hockey playing equipment.
- Assist in identifying and managing hazards.
- Participate in accident/injury investigations.

5.0 Hazard Identification & Risk Management

An assessment of all potential hazards associated with the activities of playing underwater hockey for the Club has been conducted and the risks evaluated. The results are tabled on the next page. The following initiatives have also been undertaken:

New Player Introductions

To increase the awareness of risks associated with playing underwater hockey, medical forms and a copy of the *Potential Injuries from UWH & How to Prevent Them* are provided to all new players and signed off on.

Coaching Manual

To assist the Club in introducing new players to UWH, a coaching manual for new players has been developed, *UoW Beginner Coaching Manual*. This manual also contains a copy of the medical form and the *Potential Injuries from UWH & How to Prevent Them* table.

Coaching Accreditation

Club members have undertaken coaching training and accreditation. This accreditation includes resuscitation training.

Club Equipment

Audit of Club equipment and storage facilities have been undertaken and submissions made regarding improvements to storage facilities. New, light-weight, goals have been sourced and will be purchased by the Club.



**University of Wollongong
Underwater Hockey Club**

Risk Management Plan

Potential Injuries from UWH and How to Prevent Them

Hazard	Description	Prevention (Controls)	Action	Status	
1	Burst Ear Drums	Can happen if a player receives a kick to the ear	The risk will be reduced by wearing an UWH cap with ear protection	1. Ensure sufficient caps available for new players. 2. Ensure new players made aware of risk during introduction session. 3. Enforce all players must wear uwh caps.	1. Done 2. Ongoing 3. Ongoing
2	Broken Teeth	Can happen if a player gets hit by a puck to the mouth.	Although the snorkel offers some protection, it is recommended that a mouth guard be worn; either internal or external.	1. Ensure all loan gear have mouth guards. 2. Ensure new players made aware of risk during introduction session. 3. Enforce all players must wear mouth guard.	1. Done 2. Ongoing 3. Ongoing
3	Cuts to the Hand	A player can receive cuts from sharp tile edges on the pool bottom.	Wear an UWH glove.	1. Ensure sufficient gloves available for new players. 2. Ensure new players made aware of risk during introduction session. 3. Enforce all players must wear uwh gloves.	1. Done 2. Ongoing 3. Ongoing
4	Bruises to the Hand	Bruises can result from impact by the puck and/or another player's stick.	Wear an UWH glove.	As above	
5	Sore neck	Can result from swimming into (or surfacing into) another player.	Use your free hand to fend off other players and lead when surfacing.	1. Ensure new players made aware of risk during introduction session.	1. Ongoing
6	Cuts to the Face	If a player gets a kick or a puck to the face, the mask may break and cause cut/s to the face.	Wear a tempered mask, preferably with two separate eye pieces as the bridge offers protection.	1. Ensure all loan gear is safe. 2. Ensure new players made aware of risk during introduction session. 3. Enforce all players must wear safe masks.	1. Done 2. Ongoing 3. Ongoing
7	Cuts to the knees and/or elbows.	If the pool bottom has broken or sharp tiles, then players may get minor cuts.	Generally not common, but if a concern, the player can put tape on those commonly affected areas.	1. Ensure new players made aware of risk during introduction session.	1. Ongoing
8	Tendonitis in elbow and/or shoulder	Resulting from overuse (playing arm).	Generally only experienced by serious players, and is preventable through proper training programs (see physiotherapist).	1. None required by club.	