

**Policy number: 21**

**Version: 1 January 2021**

**To be reviewed: November 2022**

**Person responsible: Principal, School of Sport Education NT**

### **Introduction**

The School of Sport Education NT considers the well-being of all students, referees, umpires, officials, convenors and other volunteers to be of paramount importance.

### **Purpose**

This policy outlines important requirements of wellbeing to ensure the safety and health of all participating in School of Sport Education NT programs.

### **Policy**

A risk assessment will be conducted and approved ahead of all School of Sport Education NT programs.

Wellbeing in the context of School of Sport Education NT programs can be divided into the following areas:

- Alcohol free environment
- Concussion
- Drugs in sport/banned substances
- Duty of Care
- Extreme Weather
- Hydration
- Infectious diseases, "Blood Rule"
- Nutrition
- Smoke free environment
- Swimming and Water Safety

### **Wellbeing Guidelines.**

#### **Alcohol Free Environment.**

All School of Sport Education NT events are alcohol free. No alcohol is to be introduced into venues being used for School of Sport Education NT programs. All team officials are made aware that there is to be no consumption of alcohol from the moment they commence duties as a team official until the last student departs.

Anyone who fails to meet these requirements can be asked to relinquish their role as a team official.

## **Concussion.**

The School of Sport Education NT adheres to the recommendations and guidelines provided by Sport Medicine Australia's [Concussion in Sport Policy](#) (January 2018)

Under this policy, any athlete with a suspected concussion should be removed from play immediately.

Attachment A provides the School of Sport Education NT Protocols for Concussion Management. Attachment B provides the School of Sport Education NT Head Injury Factsheet.

Attachment C provides the School of Sport Education NT Head Injury Recognition and Referral Form.

## **Drugs in sport /banned substances.**

The School of Sport Education NT supports the policies of the Australian Sports Anti-Doping Authority (ASADA) and Sports Medicine Australia (SMA). The School of Sport Education NT condemns the use of any prohibited substances and methods by students participating in sport programs.

## **Duty of Care**

In the School of Sport Education NT context everyone owes a duty of care to those around them, students, team officials, volunteers and organising staff. This duty of care requires everyone to take reasonable care to avoid causing foreseeable harm to another person or their property.

School of Sport Education NT team officials assume full duty of care for students in their care during competition hours at inter-region and interstate programs.

That duty of care starts when students arrive either at a venue or to travel to a venue, and continues until all students are returned home. It extends to 24 hours a day when students are accommodated in team accommodation.

The duty requires supervision to ensure that students comply with rules and practices for their own safety and that of other students.

The duty requires program and procedure design and implementation to ensure safety of the students.

The duty requires that students are warned about dangerous, or potentially dangerous situations or practices.

Appointed team officials are responsible for the safety and wellbeing of students in their care.

The School of Sport Education NT requires a minimum team official to student ratio of 1:10. In situations where the student number just exceeds this number the School Sport NT office will look to organise an alternative plan to ensure duty of care is provided without the need for an additional official. One official per team or group must be a teacher registered with the Teacher Registration Board of the Northern Territory. All team officials must hold a current Working with Children Clearance. (Ochre Card)

## Extreme Weather

Extreme weather events can present a danger for all participants at School of Sport Education NT programs, players, officials and spectators. Convenors of all inter-region and interstate programs must be aware of weather forecasts. There may be occasions when extreme weather presents a risk to safety and the program may need to be shortened or suspended.

### Thunderstorms and Lightning –

- Lightning strikes in or close to the vicinity of a sporting venue can be fatal.
- Convenor and Team Officials must remain vigilant, consult the Bureau of Meteorology (BOM) radar and monitor any weather alerts.
- Hearing thunder means lightning is likely to be within striking range.
- If there is less than 30 seconds between lightning and a clap of thunder, the storm is less than 10 kilometres away. Play should be suspended and all participants should seek shelter.
- Do not shelter under trees or be in or near water.
- Play should not recommence until 30 minutes after the last clap of thunder

### Heavy Rain or Wind Gusts –

- Heavy rain can present danger to participants where surfaces become dangerous.
- Wind gusts can cause objects to become airborne. Ensure all temporary or free standing objects are firmly fixed, taken down and moved to a place of safety.
- Suspend play until the conditions improve and seek shelter if necessary.

### Extreme Heat –

- High temperatures and high relative humidity need to be monitored to reduce risk of heat exhaustion or heat stroke.
- The risk of these can be greatly reduced with careful monitoring of student behaviour and fluid intake.

School of Sport Education NT programs operate in accordance with the NT Department of Education Sun Safety in Schools Policy:

<https://education.nt.gov.au/policies/health-of-students/sun-safety>

## Hydration

It is essential that students are made aware of the need for good hydration practices, before, during and after sport participation. Team officials must ensure students maintain good practice to both maximise performance and prevent dehydration.

Key messages for students:

- Thirst is a poor indicator of fluid imbalance. Dehydration will have developed before a student feels thirsty.
- A 2% loss in hydration will impact on sporting performance.
- The fluid consumed today will provide hydration for the following day.
- Water is the best drink to ensure hydration levels are maintained.
- If electrolyte drinks are preferred they need to be diluted due to the high sugar content.

- Ice cold water cannot be utilised immediately by the body, it has to be warmed by the body to be of use.
- Simple test of hydration level – drink until your urine runs almost clear!

Where possible team officials should use breaks in play and substitutions to enforce hydration, in line with playing rules for the sport. Clear rules should be in place with students to ensure water bottles are always available and filled regularly, before, during and after competition.

### **Infectious diseases, “Blood Rule”**

The School of Sport Education NT complies with the Northern Territory Department of Education and Department of Health directives and policies regarding infectious diseases.

All cuts and abrasions must be reported and treated immediately. A number of blood borne infectious diseases can be transmitted during body contact sports. The more serious include Hepatitis and HIV (AIDS) infections. These diseases may be spread by contact between broken skin or mucous membranes and blood or saliva.

In the event of a player sustaining an injury causing bleeding, that player must be removed from the game or event immediately. The umpire or referee must be notified of the injury and ensure any blood is removed from the playing surface. A substitution should be allowed in accordance with the rules of the sport code.

The player can only return to the game when the bleeding has stopped and all contaminated clothing and equipment has been removed.

### **Nutrition**

The School of Sport Education NT recognises the importance of providing and promoting healthy options in food and drink choices for all participants in School of Sport Education NT programs. Good nutrition is important for good health. Promoting the intake of fresh fruit and vegetables and water as the drink of choice is essential.

This applies to:

Food and drink provided by the School of Sport Education NT at all programs and functions.

Food and Drink sourced from external caterers at all programs and functions

It does not apply to food brought by students from home although healthy options should be encouraged.

All staff and volunteers are expected to be good role models in promoting healthy options to students.

The School of Sport Education NT operates in accordance with the policy and guidelines of the NT Department of Education for School Nutrition and Healthy Eating:

<https://education.nt.gov.au/policies/health-of-students/school-nutrition-and-healthy-eating>

## **Smoke Free Environment**

The School of Sport Education NT promotes a smoke free environment at all sporting events and functions involving students. Cigarettes for the purposes of this policy include electronic cigarettes.

Legislation prohibits smoking in schools except in limited circumstances. Students are not allowed to smoke in schools or allowed to be exposed to smoke.

The School of Sport Education NT complies with the Tobacco Control Act (NT) [Legislation Database \(nt.gov.au\)](#) and Tobacco Control Regulations (NT) [Legislation Database \(nt.gov.au\)](#). Other Australian jurisdictions have legislation similar to that enacted in the Northern Territory about smoking. School of Sport Education NT staff, volunteers and athletes must comply with relevant legislation when on interstate trips.

Staff and volunteers are expected to be role models to athletes. The School of Sport Education NT promotes a positive healthy lifestyle free of smoke. Providing a smoke free environment will reduce the harmful effects of tobacco smoke.

This policy applies to all School of Sport Education NT staff, volunteers and athletes when in the Northern Territory and interstate.

## **Swimming and Water Safety**

The School of Sport Education NT operates in line with the NT Department of Education Policy / Guidelines for Swimming and Water Safety.

<https://education.nt.gov.au/policies/swimming-and-water-safety>