

Managing the Risks of COACHING

Protecting you and your athletes

DVD PRESENTER NOTES

“Managing the Risks of COACHING” is a risk management DVD for coaches. It is aimed at levels 1 and 2 NCAS coaches and is a valuable interactive audiovisual learning tool for use in coach education programs. Coaches can also use the DVD in conjunction with our Beginning Coaching and Better Coaching manuals, workbooks and correspondence courses.

Purpose of the DVD

The purpose of this DVD is to help coaches to identify the risks within their sport and develop strategies to minimise risks to themselves and their athletes.

This DVD is also designed to help presenters deliver the Sport Safety and Risk Management units of levels 1 and 2 NCAS coaching courses and update seminars.

Please note: This DVD does not cover injury management. Presenters should refer to the Beginning Coaching or Better Coaching manuals and Sports Medicine Australia resources for information on injury management.

Interactive learning tool

Learning occurs best in an active learning environment.

The DVD is 20 minutes long and has been divided into the following parts to promote discussion:

- 1. Legal responsibilities of the coach**
- 2. Coaching scenarios**
- 3. Risk Management**
- 4. Coaches insurance and code of ethics**

The DVD should be paused at the end of each section to encourage coaches to apply the information presented in the DVD to their practical coaching environment. Large group discussions, small group work, role plays, scenarios and case studies are delivery methods that can also help coaches to apply the information in a fun and interactive way.

PROGRAM			
Time	Topic/content	Delivery method	Activity
5 Min	Introduction	Presentation	Provide an overview of the learning outcomes and delivery of the session.
5 Min	Legal responsibilities of the coach	DVD	
10 Min	Gymnastics coaching scenario	DVD Questioning	Pause the DVD and ask the following questions: <ul style="list-style-type: none"> • What was wrong with this coaching session? • What could you have done to prevent this situation? Use a whiteboard to record responses
5 Min	Gymnastics coaching scenario (continued)	Questioning DVD	Ask the coaches to spot the differences in the next scenario. Pause at the end of the second gymnastics scenario and record the strategies used by the coach to ensure a safer environment for her athletes.
5 Min	Legal issues of coaching <ul style="list-style-type: none"> • Duty of care • Negligence • Litigation • Liability Injured player scenario	DVD Questioning	Pause the DVD after the injured player scenario and ask the following questions: <ul style="list-style-type: none"> • Would you put the player back on the field? • What if the players parents were persuading you to put the player back on? • Who else would you refer the decision to? Encourage coaches to relate their answers to the legal issues of coaching.
5 Min	Selection scenario	DVD Discussion	Pause the DVD at the end of the selection scenario for a brief discussion of what should be included in a selection policy.
15 Min	Risk Management	DVD Worksheet	Pause the DVD after it mentions the risk management worksheet. Ask the coaches to complete the Risk Management Planner in class or for homework, depending on time constraints.
5 Min	Ethical issues of coaching Insurance	DVD Presentation	Discuss the ethical issues of coaching (time permitting). You may wish to distribute the coach's code of ethics at this time. Provide coaches with sport specific insurance provider details.
5 Min	Conclusion	Presentation Discussion	Conclude the session with a general discussion at the end of the DVD. Emphasise the benefits of accreditation, updating and Sports Medicine Australia courses in relation to sport safety.

Total Time: 1 hour

Sample sport safety/risk management unit program

The program on the previous page has been developed as a guide to help presenters plan their sessions and help coaches obtain maximum use from the DVD.

Nominal duration: 1 hour

Summary of learning outcomes

At the completion of this interactive DVD program, the coach will be able to:

- Outline strategies to minimise the risk of injuries occurring in sport
- Identify the legal responsibilities of the coach
- Identify the coaches responsibility to ethical issues
- Identify the inherent risks and liabilities in coaching
- Develop a risk management plan in the areas of safety and legal responsibility

Assessment

Some of the activities outlined in the Program, such as the Risk Management Planner, can be used in the assessment of coaches undertaking levels 1 and 2 coaching courses. The Beginning Coaching and Better Coaching workbooks can also be used in conjunction with the DVD when conducting assessments.

Further information

You can obtain a number of risk management manuals, and further information, from the following organisations:

- Australian Sports Commission
PO Box 176
BELCONNEN ACT 2616

Tel: 02 6214 1915
Fax: 02 6214 1995

www.ausport.gov.au/coachofficial

- Sports Medicine Australia
PO Box 897
BELCONNEN ACT 2616

Tel: 02 6230 4650

www.sma.org.au

- National Sporting Organisations
- State departments of sport and recreation

RISK MANAGEMENT PLANNER WORKSHEET

Instructions

Identify risks (what might go wrong) for your sport in each of the following categories: Environment, Equipment and People. Develop a risk management strategy, using the risk management planner below.

Risk Identification	Strategies to minimise risk	Timeline for implementation	Review process (evaluation)	Responsibility
Environment				
1.				
2.				
3.				
Equipment				
1.				
2.				
3.				
People				
1.				
2.				
3.				