



# SPORTS ASSOCIATION OF CATHOLIC COEDUCATIONAL SECONDARY SCHOOLS Inc. Safety Policy

SACCSS Inc. acknowledges the responsibility it has to its member schools and the students that attend these schools to provide a safe sport competition that minimises the risks involved in sporting competition. Whilst our duty is to the students and staff of member colleges, individuals also must be responsible to exercise personal responsibility in all situations and ensure they follow the following policy in its entirety.

## Protective Equipment

Member Colleges must encourage students to always minimise risks involved in a sporting competition through the use of appropriate protective equipment. The following equipment is encouraged to be worn during sporting competition:

- AFL - Mouthguard
- Basketball - Mouthguard
- Soccer - Shin guards
- Cricket - Leg/ Thigh/ Arm Pads, Helmet and Box
- Hockey - Full Goalie Kit including Helmet and Kickers/  
All Players must wear shin guards/ Mouth Guards

## Hail and Electrical Storms

Where student safety is compromised with severe hail or electrical storms, coaches of opposing teams shall in consultation with each other and the referee/umpire (if applicable), immediately stop play and follow the guidelines for protection against lightning strikes. (For further information refer to Attachment 1)

**In the case of electrical storms play should only commence if students' safety can be assured i.e. 30 minutes after the last sound or thunder.** Should weather conditions fail to improve the game shall be abandoned. For abandoned games where the result is not already known-opposing teams shall share available points.

## Excessive Heat Rules

Predicted Heat Conditions of 35 degree Celsius plus.

If temperatures are predicted by the Bureau of Meteorology to be 35 degree Celsius plus for the current day of fixture competition, then the SACCSS Executive officer shall notify Directors of Sport by no later than 8 am that fixtures are cancelled for that day. The decision will be made as a result of the 6pm weather forecast on the news the evening before competition.

Directors of Sports are to confirm receipt of cancellation notice to the SACCSS Executive Officer by phone or email by no later than 11.00 am on the day to ensure effective communication.

The exception to this rule is the swimming carnival, where the environment and nature of the sport will allow for the competition to continue.

- a) If prior to or during competition, excessive heat temperatures arise (30- 34 degree Celsius), opposing coaches are encouraged to shorten fixtures in the following ways:
  - Tennis – reduce sets for senior competition from 5 games to 4 games and the junior and intermediate competition from 4 games to 3 games.
  - Cricket – reduce game to 15 overs per innings.
  - Volleyball – reduce match from best of five sets to best of three sets.
  - AFL- reduce the quarter by 5 minutes each.
  - Football- play quarters of 10 minutes in length with 5-minute breaks between quarters.
  - Basketball- reduce the halves to 18 minutes each.
  - Netball- play 8-minute quarters.

Ideally the agreed shortening of games should be negotiated prior to the commencement of play.

- b) In such conditions where excessive heat conditions arise, coaches must ensure there is a frequent opportunity for rest and rotation of players where applicable, drinks and shade during breaks and that students have adequate sun-screen and are wearing appropriate headwear and clothing.
- c) It is recommended that student clothing for summer sports be light coloured, loose fitting clothes of natural fibres or composite fabric with high wicking (absorption) properties.
- d) In extreme conditions where students are at obvious risks coaches must abandon play. For abandoned games where the result is not already known-opposing teams shall share available points.  
(For further information refer to Attachment 2)

### **First Aid**

First aid for major carnivals shall be organised and supplied by SACCSS. The costs of provision of first aid supports will be met out SACCSS funds and provided by St John's Ambulance or an equivalent service.

During the Premier League competition, it is the responsibility of each competing school to ensure a basic first aid kit is provided and staff can provide adequate care for a student until further assistance can attend to the injury. *It is the recommendation of the SACCSS Principals Group (2016) that the home team provides a Level 2 First Aid qualified person at the venue. This is recommended for games that are played at community venues (eg: local AFL/ Soccer Clubs where staff are not provided by the venue.*

*The home team should ensure the availability of sufficient water, ice, adequate shade and ventilation is available for both teams.*

**Please note:** the above information can be superseded with information received from the CECV and Department of Education and Early Childhood Development, any changes will be made available to member Colleges immediately.

## ATTACHMENT 1: RECOMMENDED GUIDELINES FOR PROTECTION AGAINST LIGHTNING STRIKES.

*This information is a summarised version of pamphlet produced jointly by Emergence Management Australia and the Bureau of Meteorology – Disaster Awareness Program 04/2000*

In Australia lightning accounts for 5 to 10 deaths and well over 100 injuries annually. It is expected that these figures are likely to increase with more people being engaged in recreational land and water activities in the future. Therefore it is most important for all coaches and staff members to be aware of essential precautions when managing students in lightning conditions.

### **1. Electrical Circuit Protection.**

Check your local electricity provider for advice on surge protectors and lightning conductors for your office and gymnasium to help safeguard occupants and electrical equipment.

### **2. If caught Outdoors.**

The distance in kilometres to a lightning flash may be estimated by dividing the time delay (in seconds) between the flash and the thunder by 3. If you hear thunder, find shelter urgently, especially if the time delay is less than 30 seconds. Ensure students remain sheltered for at least 30 minutes after the last sound of thunder and

- Seek shelter in a 'hard-top' metal-bodied vehicle or solid building but don't touch any metal sections. Avoid small open structures or fabric tents.
- Never shelter under small groups of (or single) trees.
- If far from shelter, crouch alone feet together, preferably in a hollow. Remove metal objects from head/body. Don't lie down flat but avoid being the highest object in the vicinity.
- If your hair stands on end or you hear 'buzzing' from near by rocks, fences, etc, mover immediately.
- Don't handle umbrellas or golf clubs etc.
- Stay away from metal poles, fences, clotheslines, etc.
- Don't ride bicycles, or travel in open vehicles.
- If driving, slow down or park away from trees, powerlines etc. stay inside metal bodied (hard top) vehicles or caravans but don't touch any metal sections.
- If swimming, surfing etc. leave the water immediately.

### **3. If you are indoors.**

- Before the storm arrives, disconnect external aerial and power leads to radios and television sets.
- Disconnect computer modems and power leads.
- Draw all curtains and keep clear of windows, electrical appliances, pipes and other metal fixtures (eg don't use the bath, shower, hand basin or laundry/kitchen sinks)
- Avoid touching brick or concrete, or standing bare-footed on concrete or tiled floors.
- Avoid the use of fixed telephones and mobile phones. In emergencies, make calls brief.

### **4. First Aid**

Apply immediate heart massage and mouth-to-mouth resuscitation (CPR) to lightning victims until medical help arrives and they will have a good chance of survival.

### **5. Lightning Facts**

- When struck people do not glow or 'fry to a crisp' but the heart and breathing are often affected.
- Only about 30% of people struck actually die, and the incident of long-term disability is low, particularly when appropriate first-aid is applied promptly.
- If your clothes are wet, you are less likely to be seriously injured if struck, as most of the charge will conduct through the wet clothes rather than your body.
- Lightning can and often does strike more than once in the same place.

## ATTACHMENT 2: RECOMMENDED GUIDELINES FOR PREVENTING HEAT ILLNESS

*This information is a summarised version of information provided by SMARTPLAY: A Division of Sports Medicine Australia*

### 1. **Hydration**

The more the athlete sweats; the more fluid he must consume to avoid dehydration. High levels of dehydration may increase the risk of heart stress. To diminish the risk of heat stress fluid should be consumed before, during and after activity.

It is recommended participants drink 400 – 500 ml of fluid at least two hours before exercising to promote adequate hydration and allow time for exertion of excess water. During exercise it is recommended that participants should drink fluid at regular intervals to replace water lost through sweating.

Participants should aim to drink at least 200 ml every 20 minutes, however this may vary depending on the rate of sweating, body size, shape and composition of the participant. Monitoring weight changes before and after work-outs is a useful method to determine the attainment of adequate fluid replacement by participants. Fluid taken should be cooler than the ambient temperature.

Water or cordial flavoured drinks are considered adequate fluid options for activities lasting up to one hour. Participants in events or activities exceeding one hour are recommended to use carbohydrates based sports drinks as a means of replacing fluids, carbohydrates and electrolytes lost during prolonged activity. These drinks include commercially available sports drinks.

In hot conditions participants should be encouraged to drink fluids at scheduled drink breaks and should be provided convenient access to fluids during activity without unnecessary interruption to the game or event.

### 2. **Players Rest and Rotation**

In hot conditions participants should be provided ample opportunities to rest through the use of player interchange, substitution or via the reduction in the regular match playing time. A guideline for hot conditions is that players should take rest breaks from activity equivalent to at least 3 minutes for every 30 minutes of activity. If additional rest breaks are required over and above the normal adopted matches conditions to implement this recommendation, so be it.

The positive effects of rest breaks should also be maximised by employing the following strategies:

- Allowing players to rest in naturally shaded areas, or providing portable structures that create shade where and when required.
- Providing fans and ice packs
- Providing additional fluids to allow participants to spray or douse themselves to assist cooling

### 3. **Acclimation**

At the onset of hot weather, the young athlete may take longer to acclimatise. It is therefore recommended that training volumes (duration and intensity) decrease during the first few weeks of hot weather. Increased times for rest, using access to shade more frequently, and increasing the number of mandatory drinking breaks are recommended for the young athlete when the weather becomes noticeably hotter.

### 4. **Unconditioned participants**

Coaches of unconditioned or unfit participants should take extra precautions to lessen the potential for heat gain for these individuals during hot weather. It is recommended that whenever activity in hot conditions is unavoidable with these children, coaches/supervisors decrease the volume and duration of physical activity, and increase the opportunities for drinking, rest, and shade as a matter of priority.

### 5. **Pre-cooling**

Pre-cooling by cool water immersion or the wearing of ice vests has been demonstrated to increase athletic performance in endurance sports. This practice could be of benefit to many athletes. However, it must be noted that the effects of a pre-cooling manoeuvre are reduced rapidly by a warm up. Therefore, any pre-cooling strategy must be undertaken in concert with a vastly reduced warm-up if it is to be effective.

## ATTACHMENT 3: RECOMMENDED GUIDELINES FOR AIR QUALITY

Safe Levels of Fine Particle Matter (PM<sub>2.5</sub>) units for SACCSS Sporting Competitions.

The Air Quality Guidelines referring to the Air Quality Index (AQI) are to provide recommendations for safe play for your member students. All children including teenagers are considered 'Sensitive Individuals' in relating to the AQI.

### Guidelines

Each College is responsible for monitoring the Air Quality Index (AQI) on the day of competition for the location that the scheduled sport is to be played. The AQI is to be taken from the following website. <https://www.epa.vic.gov.au/for-community/airwatch>

Good: (0-50 PM<sub>2.5</sub>)  
Moderate: (51-100 PM<sub>2.5</sub>)  
Poor: (101 – 150 PM<sub>2.5</sub>) Unhealthy for Sensitive Groups  
Very Poor: (151-200 PM<sub>2.5</sub>)  
Hazardous: (201-300 PM<sub>2.5</sub>)

### Recommendation

It is the recommendation of SACCSS that when the AQI reading is 100 PM<sub>2.5</sub> (poor) or above 2 hours from the commencement of play the game will be cancelled with the view of rescheduling to another time if possible. All Sports (indoor and outdoor)

If the AQI is below 100 PM<sub>2.5</sub>, 2 hours prior to the commencement of play and the matches begin, but the AQI rises to Poor (+100 PM<sub>2.5</sub>) while in play, the game is suspended for 30 minutes. If the reading is still Poor (+100PM<sub>2.5</sub>) 30 minutes later then the match is cancelled.

*\*\*Match result for a game that was cancelled once play commenced, as per injury time guidelines stated in each individual sport rules in SACCSS Handbook.*

## ATTACHMENT 4: RECOMMENDED CONCUSSION MANAGEMENT

This guide aims to provide recommendations for the safe management of head injuries for its member students when participating in SACCSS sporting events.

In general, children require a different approach from adults because their brains are developing, and they need to continue learning and acquiring knowledge. As such, the priority is not just player welfare and return to sport, but a critical element is return to school and learning.

Student safety and welfare is paramount when dealing with all concussion incidents, both in the short term and long term. Complications can occur if a student continues playing before they have fully recovered from a concussion.

SACCSS provides bi-annual Concussion Management training for all SACCSS staff members. Those unable to attend the session can view the recording by contacting the SACCSS Executive Officers or their college Head of Sport.

Access to the application '[HeadCheck](#)' is recommended for all SACCSS Coaches.



It is the recommendation of SACCSS that the following guidelines are followed by the staff/coaches/officials at all SACCSS Events:

In the early stages of injury, it is often not clear whether you are dealing with a concussion or there is a more severe underlying structural head injury. For this reason, the most important steps in initial management and beyond include:

**Recognise** - recognising a suspected concussion

**Remove** - removing the person from the game or activity

**Refer** - referring the person (parents/guardian) to a qualified doctor for assessment

Any student who has suffered a concussion or is suspected of having a concussion MUST be Immediately removed from play and will not be permitted to take any further part in the event. Furthermore, the student must be medically assessed as soon as possible after the injury and must NOT be allowed to return to play until given medical clearance by a GP.

The following guides are sourced from the AFL Community Concussion Guidelines 2017:

### **Management of a CONSCIOUS player**

Players with suspected concussion should:

- Be immediately removed from participation
- Not be left alone initially (at least for the first 1–2 hours)
- Not take certain prescription medications including aspirin, anti-inflammatory medications, sedative medications or strong pain-relieving medications
- Not be sent home by themselves.
- Not drive a motor vehicle
- Be referred for appropriate medical assessment

### **Management of an UNCONSCIOUS player**

Basic first aid rules should be used when dealing with any unconscious player (i.e. danger, response, airway, breathing, circulation).

Call 000 Immediately – follow instructions of call taker.

Care must be taken with the player's neck, which may have also been injured in the collision.

In unconscious players, the player must only be moved (on to the stretcher) by qualified health professionals, trained in spinal immobilisation techniques.

- If no qualified health professional is on site, then do not move the player – await arrival of the ambulance.
- If the unconscious player is wearing a helmet, do not remove the helmet, unless trained to do so.
- Urgent hospital referral is also necessary if student does not lose consciousness, but there is any concern regarding the risk of a structural head or neck injury.

## **Follow Up Management**

It is the recommendation of SACCSS that any concussed player should not return to school or return to sport before having a medical clearance. Returning to learn and school should take precedence over return to sport.

A conservative approach (i.e. longer time to return to sport) is used in cases where there is any uncertainty about the player's recovery ("if in doubt, sit them out").

Rest is very important after a concussion because it helps the brain to heal. Most people will recover from a concussion within 10 to 14 days. Children and adolescents often take longer to recover from a concussion than adults, and it is not abnormal for symptoms to last up to 4 weeks for children or adolescents.

For children and adolescents, it is suggested the graduated return to play protocol should be extended such that a child does not return to contact/collision activities less than 14 days from the resolution of all symptoms.

Rest is recommended immediately following a concussion (24–48 hours). Rest means not undertaking any activity that provokes symptoms. However, anyone who has suffered a concussion should be encouraged to become gradually and progressively more active if they do not experience any symptoms.

## **References and Background Information**

*The Management of Concussion in Australian Football, with specific provisions for children aged 5-17 years*

[http://www.aflcommunityclub.com.au/fileadmin/user\\_upload/Health\\_Fitness/2017\\_Community\\_Concussion\\_Guidelines.pdf](http://www.aflcommunityclub.com.au/fileadmin/user_upload/Health_Fitness/2017_Community_Concussion_Guidelines.pdf)

*Concussion in Sport Policy, Issued by Sports Medicine Australia v1.0 January 2018*

<https://sma.org.au/resources-advice/concussion/>

**Disclaimer:** *These guidelines do not create any binding obligations on the SACCSS. The association has no control over the implementation of these guidelines at Senior Sport and Premier League matches and cannot be held liable where schools or individuals fail to follow any aspect of these guidelines, during participation in school sport, personal sport, or club sport.*

## ATTACHMENT 5: RECOMMENDED INFECTIOUS DISEASE MANAGEMENT

This guide aims to provide recommendations for the prevention of infectious disease transmission for its member students when participating in SACCSS sporting events.

### Introduction

Microscopic organisms, live in, on and around us all the time - viruses, bacteria, fungi and tiny parasites. When they (a) exist in sufficient quantities, (b) are able to spread from someone or something (like food or animals) and (c) enter your body, they can cause disease. Some may be transmitted during play, some through social activities after the game. The way they are passed on from person to person varies and some are more serious than others, particularly if left untreated. The risk of being infected with a blood-borne virus through participation in sport is very low, however infection is possible. The risk can be minimised even further by following the recommendations outlined below.

### Transmission

People can be exposed to infection through participation in sport in a variety of ways:

- Through blood-to-blood contact via broken skin and open wounds. Of most concern are the blood-borne viruses such as HIV and hepatitis C.
- Through contact between a person's broken skin, mouth, eyes, and other mucous membranes with another person's infected body fluid.
- Through exposure of the skin to another person's infected skin or body fluids. This may be via direct body to body contact or indirectly through the use of shared equipment (e.g. drink bottles), clothing (e.g. jumpers, socks).
- By breathing in airborne droplets of saliva or sputum when an infectious person coughs, sneezes or spits. The common cold and the flu are easily passed on from person to person in this way.

### Recommendation

#### ❖ BLEEDING & BLOOD BORNE INFECTIONS

- No College shall allow any player to participate in any SACCSS match or continue to participate in any SACCSS match for so long as such player is bleeding or has blood on any part of their person or uniform.
- On the direction of any officiating Umpire:
  1. A player who is bleeding or has blood on their clothing must immediately leave the playing field or court and seek medical attention.
  2. The bleeding must be stopped, the wound dressed and blood on the player's body or cleaned off before they return to the game.
  3. Play must cease until all blood on the ground or equipment is cleaned up. Any player thus directed to leave the field can be replaced immediately in accordance with normal interchange rules.
- All blood and body fluids should be treated as though they are potentially infectious, latex gloves should always be used when treating a player.
- Each College shall ensure that any bloodied item of uniform or clothing of a player or official is placed as soon as possible in a hygienic sealed container i.e. closed plastic bag and laundered to ensure the removal of all blood.
- Each College shall ensure that all towels, wipes, bandages, dressings and other materials used in the treatment of bleeding players shall be placed as soon as possible in a hygienic sealed container and discarded or laundered in such a way as to remove all blood and risk of infection.

#### ❖ AIR BORNE INFECTIONS AND VIRUSES

No College shall allow any player to participate in any SACCSS match or continue to participate in any SACCSS match for so long as such player demonstrates cold and flu like symptoms such as **coughing, sore throat** and **fatigue**

- Make sure you and the people around you follow good respiratory hygiene. This means covering your mouth and nose when you cough and/or sneeze with:
  - a tissue that you put in the bin straight after use
  - your bent elbow
  - respiratory hygiene is important because droplets spread virus. By following good respiratory hygiene, you 'catch' any droplets that might be produced, and this protects the people around you from viruses
  - clean hands after coughing and sneezing

Students involved in an incident (through sporting or other contact) where they are concerned that they may have become infected with a blood-borne virus or any other serious infection, it is important to seek immediate medical advice, with a doctor, local community health service or hospital.



## References and Background Information

*Blood Rules Ok Pamphlet*

[https://sma.org.au/sma-site-content/uploads/2017/08/Blood\\_rulesOK-pamphlet.pdf](https://sma.org.au/sma-site-content/uploads/2017/08/Blood_rulesOK-pamphlet.pdf)

*Australian Government – Department of Health – Communicable Disease Information*

*'Infection control guidelines for the prevention of transmission of infectious diseases'*

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/cda-pubs-cdi-2004-cdi2802-htm-cdi2802b.htm>

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## SACCSS Event Check List

SACCSS Heads of Sport should use the following check lists in preparation for Hosting Home and Away sports matches onsite at school grounds and at external community venues.

### Selection of Teams and Coaches:

#### All Teams should:

- Inform students, coaches, and potential spectators of **SACCSS Code of Conduct**, Association Aims (as listed in the Rules of the Association) and **SACCSS Safety Policy** before competition day.
- Ensure supervisors/coaches are appropriately qualified/ capable to supervise students, including expectations of coach to lead by example and discourage any poor behaviour which may place their college into disrepute.
- Ensure that a full first aid kit is available at the venue including ice.
- Ensure at least 1 qualified first aid person is at the venue.
- Ensure team members are medically fit for the expected competition.
- Students are in correct team uniforms and safety equipment e.g. mouth/shin guards.
- A suitable and capable person/s are assisting with the scoring/boundary umpires etc.

#### Host (General Hosting Requirements):

- Book venue and officials.
- All required equipment is provided; this includes but is not limited to:
  - padding for AFL and netball goal posts,
  - flags for goal umpires at AFL
  - nets for football goals, and corner flags
  - volleyball nets at correct heights, with service poles and an umpire stand where possible.
  - Refer to specific sport rules in SACCSS Handbook
- Onsite on College Grounds (minimum standards to host):
  - Enclosed playing arena, with the ability to restrict student spectator access.
  - Exclusive use of toilets and changeroom facilities for visiting team and staff (labelled).
  - Demonstrated evidence of an increase in supervising staff to manage spectator behaviour.
  - The avoidance of scheduling SACCSS matches during lunchtime where/if possible.
- Offsite on at local community venues (minimum standards to host):
  - Access to changerooms and toilets (with adequate toilet paper/soap/sanitizer supplied) to accommodate both teams.
  - Separate toilet for staff (especially that of the opposite gender)
  - Access to water supply
  - Use of venue checklist to ensure playing space is safe and appropriate for use.

### Venue and Match Day

- Inspect playing field and complete SACCSS venue checklist.
- Ensure umpires are aware of specific SACCSS rules and code of conduct.
- Ensure staff/coaches are supervising students adequately.
- Be aware of any incidents that occur and ensure that the code of conduct is followed.
- Home team to submit scores via online platform.
- Conduct a presentation ceremony at the conclusion of grand final matches, both teams must remain at venue.



## SACCSS Venue Checklist

Please complete the following form when competing on a ground external to the College facilities.

Both coaches/ school supervisors should provide feedback of the facilities if necessary.

<b>Event:</b>	
<b>Location:</b>	
<b>Date:</b>	

	Yes	No	NA
1. Any foreign debris or items which may cause harm or injury within the immediate vicinity of the playing area is removed prior to the commencement of the activity.			
2. Playing surfaces will be removed of any holes and any uneven sections are levelled or repaired to reduce the likelihood of tripping, falling and associated injuries.			
3. Paths and other structures such as cricket pitches will be covered sufficiently with sand or soil unless they are an essential part of the playing arena.			
4. Grass fields are mown, and sprinkler heads are covered.			
5. Appropriate line markings are clear or alternative arrangements are made to make clear distinctions of the playing area.			
6. Posts, fencing and other hard objects that may be collided with in the course of play will be adequately padded to a sufficient height and securely fixed.			
7. Changerooms/ toilets are accessible to participants and are adequately supplied with toilet paper, soap/sanitizer etc.			
8. Access to ground for emergency vehicles			

**Notes:**

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