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**Module 3**

**Risk Assessment & Management**

**Trainer’s Guide**

**Name of Trainer:**

**RISK ASSESSMENT & MANAGEMENT**

**Overview**

Safety should be of utmost importance when you conduct training. Whatever the goals and objectives of any sporting activity, safety should be a critical part of your planning. Unsafe practices often lead to unnecessary injuries and consequences e.g. an athlete could miss out on training and playtime for the season due to injuries sustained through poor safety practices. Worse, lives could even be lost as a result of safety neglect!

At the end of this module, you should be able to:

* Apply risk assessment in swimming
* Develop a risk management plan for swimming
* Develop a safe aquatic environment

**Total Number of Learning Hours**: 1 hour

**Assessment Method for Module**: Complete RAMS Form

**LINKING THEORY & PRACTICE**

**~ THE REFLECTIVE COACH ~**

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| **Time (mins)** | **Activity** | **Resources/**  **Reference** |
| 10 | Trigger Activity ~ Swimming Mishap:    *Put yourself in the shoes of the girl’s family, how do you think they felt?*  *Put yourself in the shoes of the coach and his family? How do you think they felt?*  Get participants to reflect on this and put down their thoughts in the LG. Thereafter, invite responses from participants.  Show statistics of rising number of near drowning in Singapore.  This module serves to help them understand risk assessment and management. | Slides 3-5  LG pg. 1-3  Slide 5  LG pg. 4  Slides 6-8  Slide 9 |
| 10 | Risk & Managing Risks  Recap risks and principles of managing risk.  *Group Discussion*  *What are the risks involved in swimming and what can be done to manage the risks?*  Fill out the table in the LG identify the risks and how to manage them. Facilitate the discussion and get groups to present the risks they have identified and how these can be managed. | Slides 12-15  Slide 16  LG pg. 5 |
| 30 | RAMS  Recap the RAMS and the matrix for determining severity and likelihood of risks.  *Individual Work*  *Undertake a RAMS for a swimming activity at the OCBC Arena*  Bring participants to the OCBC arena and get participants to collectively identify the risks they observe and how to manage them.  After that, return to the classroom and each participant is to fill out the RAMS form and submit. They may refer to materials in LG – pages 6-19 to help guide their planning. | Slides 17-21  LG pg. 18 |
| 10 | Conclude  Summarise the learning outcomes for the module. | Slide 23 |