

Risk Management

4 June 2020

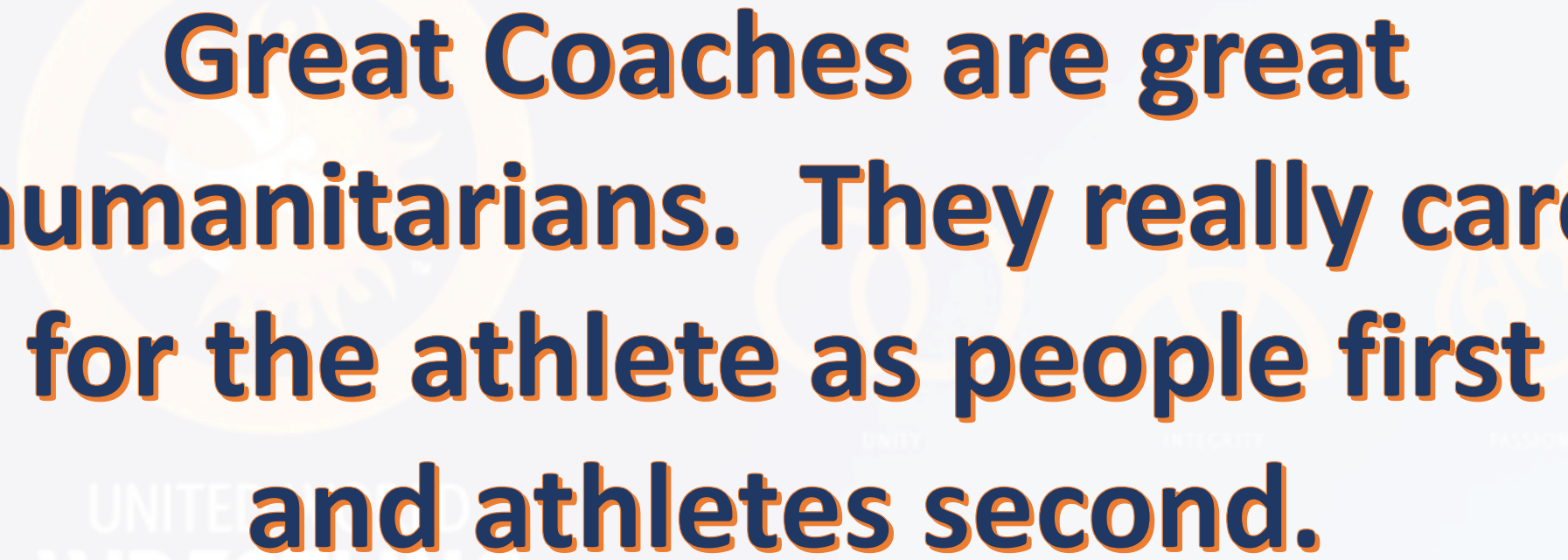
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Great Coaches are great humanitarians. They really care for the athlete as people first and athletes second.

Gordie Gillespie

Objectives

What is Risk Management and what is the Coach's Role?

When assessing risk, what does the coach need to consider before, during, and after a training session?

What are 3 Risk Management steps?

How is the Risk Reduction Matrix used in risk management?

What is Risk Management?

“Risk Management is the process of decision making and implementation so as to minimize injuries and loss and their effects on your sport organization, facility or event”.

(Nohr, M., 2009)

Identifying sensible measures to control the risks in your training environment.



Coach's Role in Risk Management

- Main Responsibility
- Minimize Risk
- When should Risk be assessed?
 - Before the Session
 - During the Session
 - After the Session



Before the Session

Important Questions

1. Unused equipment out?
2. Fire escape, signs and plans in place?
3. Sharp objects near the practice surface?
4. Space for number of participants?
5. Wrestling mat – correct & safe?
6. Coach to participant ratio?
7. Safety concerns with technique or training?



Picture from Dollamur - Telos Wrestling Academy - Orem, UT USA

During the Session



Areas to look during practice:

1. Spacing of wrestlers
2. Incorrect technique that can cause injury
3. Wrestlers matched on size, developmental stage & ability
4. Possible injuries and heat related illness

After the Session

Some Considerations

1. Checking with each athlete
2. Disinfecting the mats
3. Equipment properly stored
4. Check area for potential hazards
5. Reflecting on practice



3 Risk Management Steps



1. Risk
Identification

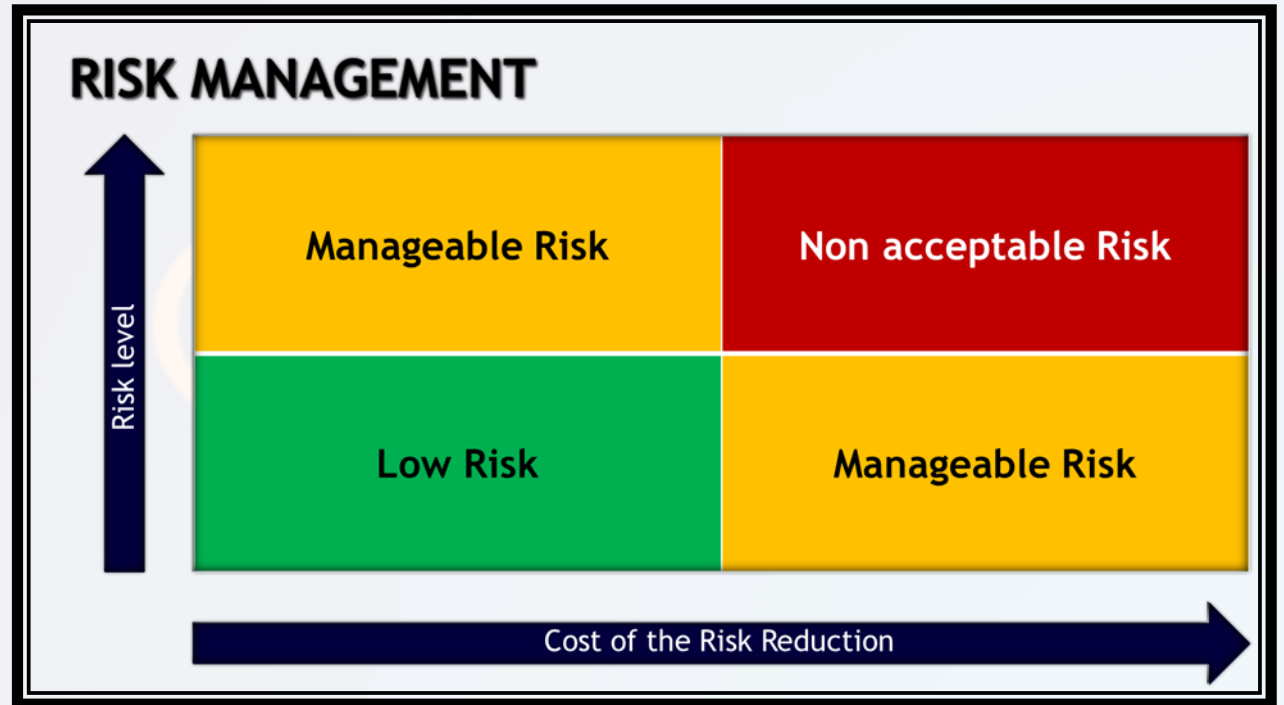
2. Risk
Reduction

3. Risk Planning
& Monitoring

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Assessing Risk

- Identifying Risk Level
- Cost of Risk Reduction
- Risk Reduction Matrix
 - Risk Avoidance
 - Risk Acceptance
 - Risk Reduction



Questions



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Quick Review

Coach's number one job is the safety of their athletes.

Risk should be assessed before, during and after training sessions.

Once risk is identified, the cost of the risk must be determined.

Risk should either be accepted, minimized, or avoided based on the Risk Reduction Matrix.