

Summer School for PE Teachers 2006

School Based Experience Sharing Seminar

**Risk Assessment in PE Activities:
A Management Perspective**

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This powerpoint presentation is only for teaching purposes. (Non-commercial purpose)

Objectives

- To share with the participants about the concept of risk assessment in PE & outdoor activities
- To discuss the management perspective of risk assessment in PE & outdoor activities

Significance

- PE activities are great for physical, mental, personal and team development and full of fun. However, injuries may spoil all the positive sides of them. Appropriate risk assessment can help reduce the possibility of injury.
- Trainers often overlook management concerns and that may trigger unnecessary misunderstanding and even interruption in training.

Ice-breakers

- List of jargons
- Discussion on the risk associated with
 - Baseball
 - Badminton
 - Soccer
 - High rope course

Jargons in Risk Assessment

- Risk
 - Probability that a hazard will have an impact on participants.
- Situational or event-based risks
 - Risks exist in the sport's environment such as facilities and equipment.
- Intrinsic risks – those specific to individuals
- Extrinsic risks – those from external sources

Jargons...

- Risk management
 - Overall process of assessing and controlling risks.
- Risk assessment
 - Identification, estimation and evaluation of risks.
- Risk estimation
 - Identification of the possible consequences from hazards and their impact.

Jargons...

- Risk evaluation
 - Determining the significance and acceptability of the risks.
- Risk mitigation
 - Identifying and implementing measures to control the level and consequences of risks.
 - Worst-case scenario, average participant, compromise approach for definable groups of participants.

Jargons...

- Risk perception
 - Stakeholders – subjective, fear of injury, emotive impact of the risk
 - Physical, cognitive
- Risk communication
 - Process to change or consolidate the views or concerns of stakeholders.
- Participant behaviour – individual acts

Jargons...

- Preventive interventions
 - Attempts to minimize the effects of intrinsic and extrinsic risk factors.
 - Especially health conditions, facilities & equipment, weather, nearly missed cases
- Therapeutic interventions
 - Actions to reduce the consequences of an injury
 - Medical treatment and rehabilitation.

Jargons...

- Acceptable level of risk
 - Individual & perceptual
 - No defined acceptable levels
 - Only fact (e.g., 28 injuries per 1000 playing hours in soccer)
- Benchmarking – EMB requirements, others
- Stakeholders
 - Instructors, teachers, players, students, peers, parents, school administration, sports associations, community, researchers, etc.

Jargons...

- Hazard or risk factor
 - Condition, object or situation that may be a potential source of harm to people.
- Likelihood
 - Probability
 - Low, medium, high
- Severity
 - Impact of an injury – low, medium, high

Jargons...

- Risk = Likelihood x Severity
 - Low, medium, high
 - Example: RA form for hiking
- Adjusted risk
 - Risk after mitigation
 - That should be the real risk

Questions to discuss...

- What is sport for?
 - Stakeholders – Different perspectives; different order of importance, etc.
- What is risk assessment?
 - Consequences of risk
 - Relevant to PE & outdoor activities
- Management vs. instructors
 - Need communication

Why assess risk...

- Performance & joy
- Injury and casualty
 - Areas – low limbs (68%)
 - Nature – new (63%) but recurrent (21%)
 - Sources –
 - Lack of warm-up, stretching
 - Insufficient psychological preparation

- Continuation of the sport
- Responsibilities
- Harm (loss) to stakeholders
- Organizational image

Exercise

- 30-men-31-feet 25-meter run
 - Risk – Runners, instructor, parents, schools, sponsors, organizer
 - Management perspective
 - Schools, sponsors, organizer

Deviations in concern...

- Instructional
 - Conditions, performance, tactics, facilities & equipment, sense of achievement, safety, personal & team development, sport development, challenges
- Management (Organizational)
 - Program, outcomes, costs & benefits, budget, qualifications, safety, emergency support, responsibilities, benchmarking, image

Crucial management issues

- Stakeholders
 - Acceptable standards & risk
- Communication, understanding & consensus
 - Think in others' boxes
 - Written policies
 - Become benchmark for others

Major References

- Fuller, C. & Drawer, S. (2004). "The application of risk management in sport." *Sports Med*, 34(6), 349-356.
- Chan, K.M., Chien, P., Li, C.K., Yeung, J., Yuan, Y., & Wong, Y.Y. (1996).
- *Epidemiological Study on Sports Injury in Hong Kong*. Hong Kong Sports Development Board.
- Newspaper clips on sports injuries.