



'Simplicity at its best'

SIRXWHS001

Work safely

SCHOOL ASSESSED COURSEWORK

Question and answer booklet - 60 Marks

Materials supplied

- Question and answer booklet

Instructions

- All written responses must be in English
- Ensure you complete the student agreement prior to beginning this task with your name
- Attempt all questions
- Students are permitted to bring into the SAC room: pens, pencils, highlighters, erasers, sharpeners, and rulers.
- Students are NOT permitted to bring into the SAC room: blank sheets of paper and/or white-out liquid/tape.
- No calculator is allowed in this SAC
- Clear water bottle is allowed
- Students are not permitted to bring mobile phones and/or any other unauthorised electronic devices into the SAC room.

Recommended time allowance – Teacher Discretion (60 minutes plus 5 minutes reading time advised)

Student Name: _____

Student Signature: _____

How to achieve a satisfactory result: Fully address the task or questions provided. Demonstrate clear understanding and include relevant details or examples. Use any feedback to improve future tasks.

In the following task, the student was assessed as;

Satisfactory Not Yet Satisfactory

In the above unit, the student was assessed as;

Competent Not Yet Competent

Assessor Name: _____

Assessor Signature: _____

Date: _____

Any Assessor Comment



Instructions

Answer all questions in the spaces provided. If you require more paper, please ask your teacher.

1. For each of the following key safety responsibilities of a sports coach, provide a brief explanation of what each one entails under current Victorian OHS legislation:

a) Providing a safe environment.

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

b) Managing risks.

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

c) Maintaining proper equipment.

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

d) Providing adequate information, instruction, and supervision.

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

e) Discrimination and harassment.

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

f) Understanding OHS procedures.

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**



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g) Consulting with HSRs.

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

h) Reporting incidents and hazards.

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

2. For each of the identified consequences in failing to uphold OHS laws or workplace procedures, provide an example of the potential ramifications:

a) Legal consequences.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

b) Professional consequences.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

c) Organisational consequences.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

d) Impact on individuals.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**



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3. When it comes to working safely, what must a sports coach who is starting work in a new organisation take the time to learn and understand?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

4. What sources of reliable information can a sports coach draw upon to learn about their OHS obligations in any new workplace? Provide at least two (2) sources.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

5. Provide an explanation of how a sports coach ensures that sports equipment is safe for its intended use.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

6. Provide an explanation of how a sports coach ensures that sports equipment is used and stored correctly.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

7. Provide an explanation of what it means to do a pre-session risk assessment of the sporting environment.

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**



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8. Provide two (2) different examples of hazardous substances that may be encountered in sport.

1 _____

2 _____

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

9. What documentation can a sports coach refer to determine what specific PPE is required when handling a chemical that has been classified as a hazardous substance?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

10. Provide two (2) different examples of manual handling tasks in a sporting context that could pose a risk of injury.

1 _____

2 _____

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

11. Manual handling tasks deemed too heavy or awkward for one person must be performed by a team. What are four (4) key elements of a team lifting and assistance policy?

1 _____

2 _____

3 _____

4 _____

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

12. What does a work policy of 'leading by example' look like for a coach when it comes to proper use of PPE?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

13. What happens when a sporting participant does not follow their clubs' mandatory PPE policy?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**



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14. What procedure needs to be followed in the event that PPE was being worn by either a participant or a coach, but actually failed to prevent an injury?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

15. Provide two (2) different policies and procedures a coach can refer to for understanding and addressing bullying and harassment.

1 _____

2 _____

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

16. How would a sporting organisation find out about allegations or incidents of bullying or harassment?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

17. What is a proactive communication policy, and what is its purpose?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

18. What is a preventative reporting policy, and what is its purpose?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

19. What is a reactive reporting policy, and what is its purpose?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**



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20. What key workplace documentation can a coach use in preparedness for an appropriate response to emergencies?

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

21. What is the acronym widely used for the process of responding to medical emergencies?

School based result - 1 Mark
RTO Result - Satisfactory **Not Satisfactory**

22. Provide an example of how the delegation of tasks can be used for four (4) different responsible adults in the event of an emergency involving an injured person.

1 _____

2 _____

3 _____

4 _____

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

23. What key information can a sports coach identify on an evacuation diagram?

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

24. What are three (3) key actions to train for and follow in the event of an emergency evacuation?

1 _____

2 _____

3 _____

School based result - 2 Marks
RTO Result - Satisfactory **Not Satisfactory**

